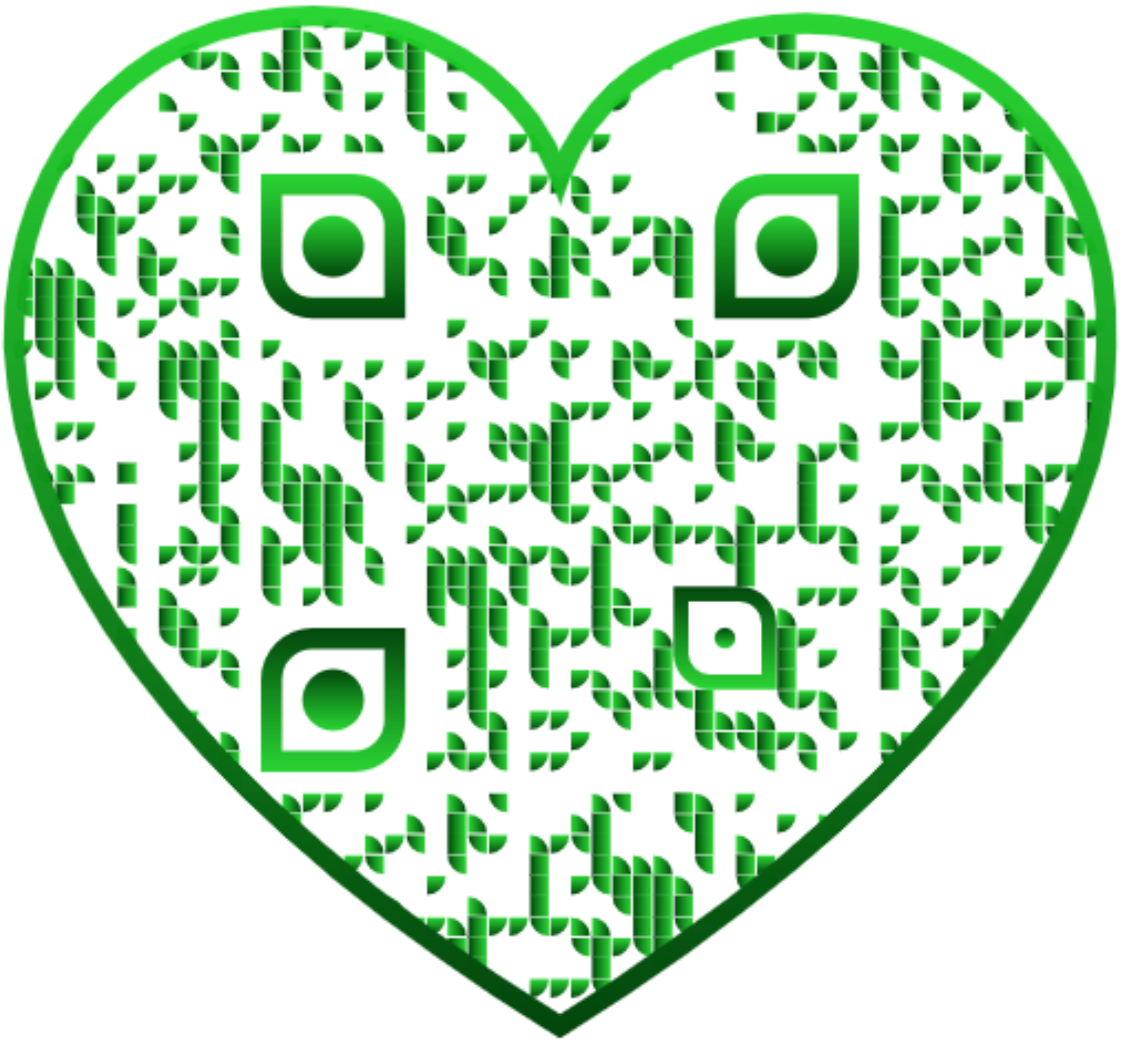
DEMONS AMONG US

A PRACTICAL GUIDE TO
UNDERSTANDING, FINDING, AND REMOVING DEMONS

MARK BANS, DC, ORD



Demons Among Us:

A Practical Guide to Understanding, Finding, and Removing Demons

By

Mark Bans, DC, ORDM

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1. Foreword by the Author

If you went looking for this book on purpose, had been told by someone you know about this book, or even just happened upon this book by chance, then there may be something in this book that you or someone you know might need. There is also the possibility that you are being called to become part of a much larger focus and intention group, here to help rid the world of these lower dimensional energies and beings, so that mankind can finally rise up and become all that it was meant to be, on both an individual and on a macro level.

I never foresaw myself dealing with demons, so I most certainly never saw myself writing a book with actual knowledge and experience about them. One of the most daunting things about being called to write this book was the fact that I did not think I knew enough to write a book of great length on the subject, as most authors seem to be able to do, and also that I am more of a direct and to the point kind of person. I also didn't want this to be some drawn out book with useless or extraneous information that bogged down the reader, but a more simplified, straight-forward knowledge base of what I know about demons and how to Remove them.

Have I read a lot of books on this topic? No. Have I read any books on the topic? No. Have I discussed this issue with others who are supposed to be more knowledgeable than me on this subject? No (and I'm not really sure who those people might be). Have I watched videos, listened to podcasts, researched websites, or anything of the sort? No. All the information here is based on my Information alone, my Experience alone, and my Understanding alone. But it is My Truth as I have lived and experienced it and I am here to share my truth with you.

Do what you will with it and think what you want of it. I felt the need to make sure that this information is available to anyone who might want or need it and to make sure that it is able to be passed on to others who might find it useful one day when I am no longer able to be a citizen on this global planet Earth.

If you are interested in more complex histories, stories, beliefs, knowledge, understanding, or definitions related to this topic, then this may not be the book for you. There are likely other books or sources of information available for you to research and find any answers that you may be looking for. I have done no research. I claim to have no detailed knowledge. I likely can't answer any and all questions that you might have. I have only my many experiences and stories of success and yes, lack of success as well. Either way, I need to pass on this information, so do with it what you will. It is my fervent hope to be assisting mankind in some way or form with this information, hoping that all who are called can help this world to rise up and become better than it is, closer to what it can be, and over time become what it was ultimately meant to be.

Part I: My Story, What are Demons? And Tools for Protection

2. My Story

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Who am I?

I am an intuitive holistic chiropractor who works with and sees clients in person on a daily basis in Austin, Texas, USA. (BansWellness.com)

I also do Emotional Energetic Clearing Sessions via virtual sessions on FaceTime, Skype, phone, WhatsApp, and MS Teams, as well as Negative Entity Removals in person and remotely, with clients in North America, Asia, Europe, Australia, Africa, and other places around the world. My websites for these sessions are EmotionalEnergeticHealing.com and SpiritRemovalServices.com, respectively.

I've been a licensed chiropractor for over 30 years. I've done Emotional Healing Work with patients for over 25 years. I've been doing Removals and Passing-Over of Souls for over 20 years and Removals of Negative Entities and Energies affecting people, places, and things, for just over 10 years.

I have to say that this is a book I never foresaw myself writing because it is not a subject I ever imagined myself to be involved with, and it is definitely not work that I ever thought I would ever be doing. But, it seems that God, Creator, Source, Universe or whatever term you would like to use for It, had a different idea in mind for me and for my life. And so my story begins.

My Story

My father was of East Indian, Mexican, Spanish, and French descent. My mother is of Mexican and Yaqui Indian descent. I grew up most of my early years as a military "brat," as they call it, as my father was in the United States Air Force. My father had been stationed at Vandenberg Air Force Base, along the Central California Coast. My mother had grown up and lived in a town very near to Vandenberg AFB the majority of her life. This

is where they met, married, and where I came into the picture. Shortly after my birth, my father was sent to participate in the Vietnam War. My father was in Vietnam for approximately two years, during which time my parents divorced. I continued to live with my mother in California after their divorce and his subsequent return to the U.S., in the town just outside of Vandenberg AFB, and did so up until the age of 6 years old. I went to church and Sunday school as a Southern Baptist, following in my mother's footsteps at the time.

It was during this time that I have a very strong memory that would be one of my first supernatural experiences in my lifetime, of which there have been many. I don't know what age I was. I am guessing maybe 4 or 5 years old, but I remember having been asleep and then feeling something going on with my hand that woke me up. I opened my eyes and saw a luminous White-Light Being next to my bed and it was holding my hand in its own. I remember being instantly scared and pulling my hand away, at which point it disappeared. It was such a real and scary experience for me that for the next five or so years, I would not be able to fall asleep with my hands outside of the covers. Then at a later age, maybe around age ten or so, I realized that this Being was simply being loving and comforting and wasn't to be scared of at all. I then slept with my hands outside the covers on purpose, hoping for it to come back, though it never did, at least to my knowledge and awareness.

At the age of six, I moved to Biloxi, Mississippi where my father was stationed at the time (Keesler AFB) and where he had remarried and had another child with his new wife. My father was Catholic and had been his entire life. I was exposed to the Catholic religion from age six to age twelve. When I was seven, I moved with my father and his new family to Rhein-Main AFB, Germany, his next assigned military base. I was approximately ten years old when my father and his then wife divorced. My father and his two children with her, my siblings, and I continued to live there until I was 12 years old, when we then moved back to the U.S., to Edwards AFB, California, in the Mojave Desert.

While at Edwards AFB, my grandmother, the Light of My Life and my father's mother, had a heart attack and stroke and passed away. My father

was very grief stricken by this. During this time, he met and married his next wife who was very religious, and he also became very religious himself. This would begin the Born Again Christian phase of my life, following along with my father and his new wife. When I was fourteen, my father got assigned to a base in Berlin, Germany where I would live until age sixteen. I would remain a very devout Born Again Christian during this time. I was very much involved and entrenched in the church. One of my biggest prayers and requests at the time was for God to “let me be an Instrument, His Instrument.” This was something that I would find myself requesting as a mantra that played over and over in my mind, heart, and soul.

At age sixteen, with my father and his family still living in Germany (then reassigned to Ramstein AFB, near Kaiserslautern), I moved back to the United States to live with my mother in California. I grew very restless, having felt too controlled living with my father and his wife, partially due to the military environment I was living in and also because of the lock down associated with his devout Born Again Christianity. I ultimately felt like I needed more, needed to become more, and to do this, I needed to find out who I really was as an individual and be allowed the space, time, and permission to do that. Living with my mother allowed me that space, time, and permission, and I am very thankful to her for that.

Living with my mother in California was a different life experience for me. It was a very freeing and “not-controlled" environment for me. It exposed me to many different and new experiences, allowing me to learn who I was and to figure out my relationship between myself and the world around me. It was during this time that I found myself being very “sensitive.” I found that I could sense when things were going to happen, how things were going to happen, and what the end result might ultimately be. I had a sense of others by just being in their presence. I seemed to somehow just “know things.” I knew if someone was lying to me, for example. Or if I met someone, I would immediately know all these unknown things about them. I remember standing on a street once and thinking, “Oh!” and then immediately turning towards the corner and seeing someone I knew driving around the corner at that exact moment. With knowing how things would work out and what steps would lead to what end result, I explained to

someone once what it was like. It was as if I could watch and see "the web being woven as it was weaved and see where it was headed." I could also step outside of my own self and see a different view of myself and others, almost like I was out of my body looking down at the situation and with it, having that different perspective. I once explained to someone that it was like being the actor on stage (as we all are), but yet being able to step out as a director and see the larger picture from the director's point of view.

Many people might think that this was really amazing and cool. But for me at the age of sixteen, it definitely wasn't. As a teenager still, it was all a bit too much and I just wanted to be "normal." And in addition to that, I didn't have the emotional maturity at the time (or so I thought) to handle the information that was coming my way. It was also awkward to play the "actor's role" when I couldn't separate myself from the knowingness and super informed position of the director's role. Ultimately, it wasn't something that I was appreciating at the time and I simply did not like it.

In my attempts to be normal and call myself "crazy," I decided to go to see a local psychologist in the town where my mom lived. We would talk, he had me take IQ tests, etc., and we eventually ended up having several sessions. That was until he looked me straight in the eye during one session and said, "You are able to and you have been reading my mind." He then proceeded to tell me his dreams that he was having, he had a list of books that he wanted me to read, and more. Well, needless to say, this was not what I wanted to hear, and I therefore stopped seeing him. I then asked God, Source, Creator, Universe to take this knowingness away and to please just let me be normal. It just felt like "too much" for me at that time and age in my life. In addition to that, I felt there was too much possibility for misuse and manipulation that could be associated with it and with my desire and need to do and be good, I didn't trust that I would be able to handle the potential power that came with it. I ultimately asked for this "gift" to be taken away from me, and as I asked, so I received. My "Knowingness" in that form was taken away from me and I have not yet to this day experienced it in the same raw clarity as I did back then.

It was also during this time in California, between the age of sixteen and eighteen, that I had some very interesting dreams:

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The Ghost Dream

One of the first impactful dreams I had at the time was what I considered a "ghost" dream, though in retrospect, I'm not sure if it was ghosts or other entities or demons. The dream location was where I was living at the time, my mother's house. In the dream, I was in a different part of the house, either the kitchen or the living room. My two brothers came running out of their bedroom. They were frightened and proceeded to tell me that there were ghosts in the bedroom. In the dream, I walked into the bedroom, looked around, and said, "There are no ghosts here." The instant after I said that, the whole room erupted around me in loud, evil laughter. I immediately got irritated and very firmly and strongly voiced out, "Be Gone!" The room immediately became silent and they were in fact, gone. This dream ultimately taught me not to be afraid of other beings. While ghosts, demons, and other energies can occasionally catch me off guard, give me a chill up the back of my neck or spine, or sometimes create an overall sensation and feeling of fear, it lasts for only a moment. My spiritual warrior side then immediately kicks in and takes over, putting me into fight mode, as opposed to fear or flight mode. I had no idea at the time that this dream would help prepare me for further "adventures" later in my life.

The UFO Dream

Another impactful dream that I had at that time in my life was a dream where it was night-time and I was walking along a grassy knoll. It was dark and the sky above me caught my attention for some strange reason. I looked up and noticed an outline of lights above me that proceeded to form and shape into a UFO. I immediately "Knew" in my dream that "they" had simply slowed down the vibrational rate of the ship in order to materialize so that I could see it. I then exclaimed, "Oh! A UFO!" At which point a person suddenly appeared on my right side next to me and said, "Yes, would you like to go up and see it?" I said, "Yes," and the next thing I knew, I was standing on the bridge of a UFO ship. I instantly "Knew" somehow that there were other human beings on board, some regular folk like myself, and some that were world leaders and other important people. I then saw before me what appeared to be a bunch of TV screens. Each one of these

screens had different images on them, some of the images being disaster scenes. I immediately thought to myself, “Oh, they are observing and watching the earth.” I then saw as part of the bridge to my right, a screen with a photo printer where it was churning out sequences of pictures, similar to when you go to a photo booth and end up with a strip of 4 or 5 pictures in a row. These strips, however, were of the same person, but at different ages of their life. I thought to myself, “Oh, they are keeping an eye on and watching certain people as well.” I saw a book that they had there. It was a book of names. I saw that my name was in the book. I ultimately asked the beings on board, “What can I do to help the Earth?” They told me three things. When I woke up from the dream, I remembered two of the three things. Sadly, I didn’t write any of them down at the time and now I don’t remember any of them. At least I know that what they told me is in my subconscious and super conscious mind... somewhere. This would be the first of many UFO dreams in my lifetime, but the only one where I was actually on a ship itself. The rest of the future dreams would be what I feel are reminders that they were there, mostly consisting of seeing ships in the sky around me, sometimes an occasional one having my name written on the side of it. I think this was a lesson for me to consider that there might be other beings or entity types out there in this world and in this dimension.

The Sword Dream

During this period, I also had another dream that impacted me greatly. In this dream, it was my birthday and I was given a gift. From who, I didn't know. I just knew that I was given the gift. It was in a long, white box, kind of like the ones that you might use to package long stem roses. I opened this box, saw what was inside, and said, “Oh, it’s a sword!” Immediately, a Voice boomed out very loud in my head or around me saying, “Yes! Raise the sword up with your right arm at a 45 degree angle and you can ask any and all questions and get all the answers.” Psychics at the time who I asked about the dream told me that it meant I had access to the Akashic Records, the recording of all the mass consciousness history of the past, present, and the future. Interestingly enough, when I would learn muscle testing later in my life, I was in fact raising my right arm at about a 45 degree angle and asking questions and getting a response in return.

It was also during this formative time in my life, with “Seeing” all that there was around me and “Seeing” more than I felt others could, that I became very appalled at the state of my immediate environment and the larger world around me. I had come from a somewhat sheltered life due to the military environment mixed with religious fervor and conservatism that I had shared with my father, to this new relaxed life and environment in California. My life with my mother was not sheltered, did not have religious overtones to it, and had an almost “anything goes” type of attitude and feel to it. It was a whole new world to me in more ways than one. I remember at one point being so appalled that I declared to God, “I don’t know why you don’t just get it over with and burn this place to the ground.” As the years would pass, I would become more used to this new world that I was living in and to a certain extent, would become more and more of a part of it. And although I would become a part of it and adapt more to it, I’m not sure that sentiment ever left me completely, especially as I continue to watch the horrors and atrocities going on around me and in the world, sometimes in the name of God (or whatever term is being used instead) or by those who profess to worship God (or whatever term they use to define their beliefs and actions). There is and was so much hatred, anger, greed, corruption, aggression, etc. that goes on in this world on a daily basis and these are not Godly actions, Christian actions, or the appropriate actions of anyone professing to serve and respect a Higher Power, whatever name you want to give It. But that’s another subject that I could go on about forever. Ultimately, man predominantly serves himself and whatever happens to be the focus of his wants and needs in that moment, with little consideration for others and or the world around him. It is rare to find those who truly have integrity, who truly want to make this world a better place, and who truly exemplify a Higher Calling and set of ethics not just with themselves, but also with others and the world around them.

It was also during this time in my life that I met my mentor and teacher, Marilyn Naylor, a woman who would become a second mom to me. During these years, when I was sensing and feeling so much and trying to explore and understand all of it, I would sometimes travel to San Luis Obispo, California and attend lectures or events with a group called The Mustard Seed Foundation. This was a foundation whose motto was the biblical saying, “If you have faith the size of a mustard seed, then you can move

mountains." This was a different organization than the now Mustard Seed Foundation in San Luis Obispo, which is a solely Christian based organization. This original organization was more spiritual and metaphysical and not a religious organization. This organization was hosting a local speaker event at the library in the town where I was living. I went to the event, accompanied by my mom and Aunt Alma. During the intermission break of the event, we were all outside on the patio when I overheard a loud, boisterous woman talking about how she hosted meditations at her home. I was still somewhat shy at the time, but I worked up the courage to go up to her and introduce myself. This would be Marilyn, who would end up being one of the most influential people in my life, in regards to who I am and what I do today. Marilyn was a Metaphysical Counselor and Channeler who would teach me about spirituality, who would encourage me in general, who told me that I was a healer and needed to be in a healing field, and would be there for me every day of her life as if I was her own child.

Interestingly enough, Marilyn and I discovered that we had lived within a mile or so of each other at three different points in our lives. Marilyn's husband had been a member of the United States Air Force, like my father. That created the opportunity for us to be in somewhat close proximity to each other those three times. The first time, we both lived in New Worfelden outside of Rhein-Main AFB, Germany, the second time when we both lived on base in base housing during the latter part of our time at Rhein-Main, and the third time when we later both lived near Vandenburg AFB, California. Many years later, I would find a picture of myself in the 6th grade in Germany with her young son in the very same picture. Neither of us ever realized this earlier and as a result, I was never able to share this with her before she passed. I would continue to have Marilyn as an extremely influential person and teacher in my life until the very end of her life. I was fortunate to be there with her as she took her last breath and left this plane many years later, in 2018.

After graduation from High School, I went off to do my undergraduate studies at Pepperdine University in Malibu, California. I didn't know exactly what I wanted to do or be at that point, but I was drawn to both Psychology and Pre-Medical studies. Psychology came a little too easy for

me and with Biology, I had no interest in Zoology, Botany, or any of the other science topics associated with it. I was only interested in Humans. Finally, one night, it hit me. A contract major of both: PsychoBiology, focusing on the psychology and biology of humans. It was the perfect mind-body compilation, which would also end up being perfect for me later in my life. I still did not know exactly what I wanted to do, but this degree would allow me to go in either a psychology or medical direction. One day, my teacher and mentor Marilyn told me that I needed to look into the possibility of being a chiropractor, as I was a healer, and this would allow me to treat holistically and also allow me to touch people. She said that it would also open me up to alternative healing possibilities and I would be less constrained by the rigorous treatment protocols and expectations of the allopathic medical field. After exploring the option, I decided to go in just that direction.

This decision moved me to Portland, Oregon where I would attend another four years of school at Western States Chiropractic College, earning my Doctor of Chiropractic Degree. I chose Western States because it was one of the top medically oriented Chiropractic Colleges. It worked out again to be a perfect balance between more medically oriented training and my alternative, right-brain healing modalities and intuition, once again giving me a balanced perspective and a balance of tools at my disposal. It was here that I once again started experimenting with alternative ways of dealing with the body on a holistic and energetic level, learning how to work with and find deep emotions that were stored, how to balance the body energetically, and how to communicate with the body to best work with its wants and needs. This would be the start of my opening up to my intuitive side again, but this time, instead of it being all kinds of information whether I wanted it or not, I would be getting information that I asked for, particularly through the use of Muscle Testing, also known as Applied Kinesiology. Working this way was much more manageable. I began to open up to my Knowingness again, but more subtly and gently. I would end up being a chiropractor who would be my own person, doing things in my very own unique way, and finding myself continuing on a journey that would lead me to places and experiences that I could not have ever imagined or foreseen.

It was during this time that I started taking an energy-based course on the side, while in Chiropractic College, and I even continued this course after graduation and in private practice. The teacher and creator of this course took an instant liking to me. I felt somewhat of a family connection to him, seeing him as kind of a grandfather type of fellow. This energy-based work resonated with me and I felt like I had found my “home” with this kind of work. It also came and felt very natural to me. There were times when the teacher and founder of this technique would be teaching and he would state something and I would think to myself, “Huh?” and I would raise my hand to ask about it and he would say, “No, not for you.” I assumed he meant that there was more that I understood about energy and what could or couldn't be done than the average participant there. I would also sometimes find things in class that others wouldn’t find. He said that I needed to be careful because I was “throwing energy.” What I would later understand is that he meant that I might on some level be “pushing a little energy” to dig deeper than what was just on the surface. He was also one of the first ones to mention (the courses were in Las Vegas at the time) that there were what I would later come to know as “demons” or "demon-like" creatures tied to the casinos and the machines. They fed into the fervor and excitement of winning, but in reality, most of the time losing and all of the emotions, upset, and self-sabotage that went with it. I didn’t completely understand this at the time, though it very much makes sense to me now.

One day we were on a lunch break during a weekend course and he and I were having lunch together. He then somehow felt the need to confess to me that he had at one time in his life been very high up and very much into the “dark arts.” He told me that he had left all that behind and was no longer on that path. Being naïve and both understanding and forgiving at the time, I simply acknowledged it and also acknowledged the fact that people can and do change and that it was alright, the main thing was that he was in the place that he was now and helping others to do good by helping others. Well, one night, later on when I was back in my own home, I woke up because I thought that I heard or felt something in my bedroom. I immediately got a chill up my back and the next thing I knew, my cordless phone went flying on its own across the bedroom. I didn’t know what to say or think, so I called up Marilyn at around 4 am. She was under the impression that it was this man and that he was “checking in on me”

because he was intrigued by me and my energy. This would begin approximately five years where I would feel under energetic attack, my Information was more difficult to obtain, and I had to consistently work very hard to get and stay "Clear." In retrospect, I believe that I was under severe demonic attack at the time, but as I didn't believe in demons at the time (to be explained later), I attributed it to psychic and energetic attack by this man. It would be a long five or so years and I almost walked away from everything that I know as a result. Fortunately, I made it through and I feel that I became much stronger, more sensitive to energy, more discerning of different types of energies, and much "Clearer" as a result. So, while it was a harrowing time in my life, it had a silver lining to it that would serve me well later. It also helped bring out the inner Spiritual Warrior in me.

I continued in private practice doing Chiropractic, being a somewhat alternative chiropractor who not only did adjusting, but also did emotional and energetic work. I may not have been as successful at this point of time in my life, with my student loan debt weighing on me and my need to do things "my way," but I did okay enough to survive and with that, I continued to grow and evolve. Eventually, I would leave Portland, where I had continued to live and work after graduation. That was an interesting story of its own.

It was approximately 1997 and six years after I had graduated from Chiropractic College. Myself and some friends had traveled out of state to visit my mentor and teacher Marilyn who had relocated from California to New Hampshire and then to Montana. My friends and I had driven to Montana to visit her and on our way back into town, the minute we hit Portland city limits, I got very nauseous and a voice in my head said very strongly (keep in mind that I don't very often hear clear, loud voices in my head), "This is no longer your home." At some point, thereafter, I pulled out a map and just looked at a map of the U.S. I considered a couple of different states, but ultimately Texas "pulled." I knew that I did not want to live in Dallas or Houston or any such larger city, so I then considered Austin and San Antonio. I went to visit and Austin was the clear winner and I moved there approximately 8 months later. Austin would be my new home for the next 20+ years of my life.

Once in Austin, Texas I would go into private practice in a holistic group setting with other practitioners (acupuncturists, homeopaths, mental health counselors, and massage therapists). I would do this for approximately one year. During this time, many of my patients were Dell Computer employees (a company that I wasn't that familiar with at the time) and I found that I was somehow drawn to this company. Doing the work that I had done now for nine years, it was the only work that I had really ever been exposed to. I strongly felt the need to take a break from Chiropractic (at least full-time) and delve into life a little more fully and differently. I decided to apply for a job at Dell Computers. I was called back within days and hired right away. I would spend the next thirteen years of my life working for Dell, moving up the ladder through positions of Customer Service, Sales, Sales Coach, Sales Manager, Outsource Partner Analyst, Outsource Partner Manager, Retail Returns Manager, and Project Manager. This job would also take me all over the world, feeding into my love of travel that came with being raised a military brat, to such places as Canada, Mexico, Brazil, the Philippines, Argentina, India, and more.

I would also grow and develop both personally and professionally in so many ways. I continued to do minor chiropractic and emotional work on the side to keep my skills up, but for the time being, I was mostly immersed in the corporate world. I would often ask Marilyn if I was "off my path," because I took my path and work very seriously, and life had led me to what I feared was a distraction. She would always tell me no, that I had much to learn and needed to develop and grow, and that I also had no idea what and how I might be positively affecting those with whom I worked. Finally, in 2013, it was time to leave Dell and return again to full-time chiropractic practice. When I left Dell, I had one student loan payment left (a loan that at one point I thought I would die with), had much more self-confidence and a host of new skills, and was ready to do "what I came here to do."

I then opened up my practice again, doing chiropractic adjusting, emotional work, energy work, and nutrition. I was extremely intuitive with my work, again using muscle testing and Applied Kinesiology to talk to my patient's bodies. I would find out what their bodies wanted and or needed, and then do just that, in the order that the body asked, kind of like unraveling a puzzle. I often found great success with this, asking the body what it

needed, as opposed to me thinking that I knew everything. Of course, there was always the learning and growth part of the journey and I would be led into realms I never foresaw myself doing, including work with demons and other entities and energies.

3. Spirituality vs. Religion

I am including this section because it directly relates to how a person perceives and attempts to deal with paranormal topics. It is ultimately a fight of good against evil and how a person approaches this topic can make all the difference. It affects how you view God, Source, Creator, Universe (or whatever term you want to use), how you view your own self in relation to It, or even how you view these negative entities and energies, and with that your ability to affect them or not affect them.

I was raised with the experience of several different religions, from Protestant to Catholic to Born Again Christian. I eventually became more Spiritual rather than religious, influenced very much by my friend, teacher, and mentor Marilyn, whom I had known since I was approximately 16 years old.

Being Spiritual to me meant stepping up and above the traditional religious views of God and life. It was an evolution. It continues to be so to this day, as I realize more and more just how complex and mystifying this planet, this universe, this dimension, and this thing we call life truly is. We as humans have evolved so much over the centuries—our knowledge, our awareness, our science, our technological advancements, our quality of life, our medicine, etc. It is truly astounding. There is even evidence that older civilizations might have known just as much, if not more, regarding mathematics, astronomy, building techniques, and other subjects. If we have evolved so much over the centuries, especially over the last century, then shouldn't our understanding of God have also evolved? We understand more about ourselves, about our world, and even about our Universe and the Galaxies and worlds beyond it. Despite that, I find that the majority of humans are locked into old dogma, old thinking, and old versions of society and God that do not reflect our current day-to-day reality. While older teachings can be valuable as "metaphors, allegories, or basic lessons in life in general," why shouldn't our idea and understanding of God have also been allowed to evolve?

I feel that this fixation on older dogma keeps mankind in a backward way of thinking, based on old, outdated ideas, ideals, and social norms of the time, and thus keeps these individuals, and with that God and their understanding of God, confined to a limited and boxed perspective. Some of these people, in the name of God, also look to keep others, our societies, our norms, and mankind locked into that old perspective as well. Take the Bible, for example, it is well known that it has gone through numerous translations and has been edited by different rulers and different subsets of the Christian religion over time. It is not representative of our modern-day world, with all of its outdated and old rules, regulations, and norms, and can't take into account our current-day technology, knowledge and understanding, social media, and other advancements since those times. I don't understand why people don't allow themselves and their version of God, and with it their relationship with God, to evolve into the present. God is here. Now. Every single day. God can speak to all of us and reveal Itself to us in new and exciting ways. This can spark the continued evolution of mankind on an energetic and spiritual level, ultimately helping to foster a more harmony-based relationship with It, ourselves, others, mankind in general, and the world and the Universe around us.

I respect all religions, for the most part, simply seeing them as different ways that mankind has attempted to understand That Which Is Not Fully Understandable, at least not by us in our present day, time, and form. But my belief has always included three things to determine whether or not I can support a particular religion or a way of thinking in regards to religion: 1) It must contain the belief in a God or some type of Supreme Being or Force (whatever you want to call it), 2) That whatever a person believes brings no harm to themselves (mentally, emotionally, spiritually, energetically, physically, etc.), and 3) That whatever a person believes brings no harm to others (mentally, emotionally, spiritually, energetically, or physically, etc.). Sadly, there are a lot of religions and religious beliefs in this world that fall short of these ideals, sometimes not so much by the religions themselves, but by those who speak and act out their own beliefs that they then attribute to their religion or to others who they have allowed to interpret their religion for them

It’s also interesting to note that with my varied beliefs, I get along very well with those Christians who come from the Heart and therefore are more representative of Christ Consciousness. I don’t get along quite as well with Christians who come from the mind. They are full of rules, judgment, and control, and reflect to me a “lack of love” that is anti-Christ-like in my mind. I would challenge all on this planet, whatever their belief systems are, to look for ways to connect with God, Source, Creator, Universe and to allow their minds, and their understanding of it, to evolve and grow so that they can become "More" and their connection to God, Source, Creator, Universe can also become "More."

4. How I Came to Know about Demons

I never really ever believed in demons, other than when my father mentioned once that he had felt and experienced a demon in the back of his vehicle. My friend, mentor, and teacher Marilyn had taught me that everything was of God and or God energy. Anything negative was simply human or human energy caused or related.

I had been doing emotional energetic work with humans for over 20 years to find people's deep, inner stuck and stored emotions that needed healing. I also found that I could use this when I sensed a soul around, also known as a ghost—a human being that had died, but for some reason had not passed over to "the other side". I had the ability to sense a soul around me that hadn't passed over and could "read it" and then do emotional work on it to help find out what issues were preventing it from passing over. I would then help to clear those issues and the emotional stuck energy with it and assist it in passing over. I did this quite often, finding it was much quicker to work with these souls using the emotional work because it was simply energy that I was working with, as opposed to human beings in physical bodies with brains, muscles, nervous systems, and other third dimensional attributes.

One day after having worked with these stuck souls for years and possibly even decades, I was sitting at my computer in Austin, Texas and sensed what I thought was a soul around me. Naturally, I reached out to make contact with it. It pushed back. I was intrigued by this and reached out again, only to have it push back harder. This push-back, and the feeling with it, was new for me. I typically had no issues talking to souls, even though they weren't always happy to interact or have me meddling with them. Being stumped at what this was, I quickly realized it was something different and new. Not knowing what to call it or even what it was, I decided to communicate with it. I went through the alphabet with it in my mind, attempting to spell out and figure out what it was or what it called itself. I started to spell out its name or identity and wrote it down. What spelled out was this: S...T...A...Y.....A...W...A....Y.

I immediately had a realization and inner knowing that it was a demon, even though I had been taught previously and therefore believed that demons don't exist. I got chills up the back of my neck and spine. I immediately and intuitively reached "Up" to what I call "My Information," and asked, "Do I have Authority over this?" My Information responded back immediately with a very clear and strong "Yes." I immediately regained control over myself and my fear. This would be the beginning of my "conscious awareness" phase of dealing with demons, leading to my learning how to do Removals of them, and ultimately receiving a personalized education and learning on the subject over the next several years.

One of the first things that I realized with the existence of demons was that some had been attached to me for my entire lifetime. Their sole purpose was to keep me down and keep me from becoming and being all that I was meant to be and all that I could be. I also came to realize that there had been demons working with and through others my entire lifetime, including primary caregivers, to keep me down by working to instill low self-esteem, issues of abandonment, feelings of being unloved or rejected, abuse in different forms, and more, in hopes that I would be damaged and hampered with my future growth and potential. Ultimately demons were afraid of me and what and who I could become. Perhaps they knew that in the future I might be a real threat to them and would try to bring as many people as possible along with me on that path against them.

Therefore, part of my personal growth and path was to find the demons and Remove them as soon as I realized they were affecting or sabotaging me, and to separate out and work to heal any old negative wounds and the potential for demons to influence me with them and through them. I ultimately needed to find the real me underneath it all and to be able to rise up for God, Source, Creator, Universe to be and do all that I came here to be and do. I believe that my experience reflects the larger issue affecting mankind, ultimately that demons are working to keep all of us from rising up and becoming all that we are meant to be and do and all that we can be and do. I believe this to be one of the primary reasons for the state of mankind in the present. Mankind has not energetically or spiritually

evolved, as a whole, to a Higher State over the course of its entire existence on this planet and in this dimension.

5. What are Demons and Where Do They Come From?

As far as this question goes, I can't say that I have a lot of information here. When I ask "My Information," I simply pull up that they are energetic beings from another dimension. They are here and they have been here for a very long time. Ultimately, they want this dimension for themselves, and therefore they have set out to ultimately destroy mankind; causing problems on an individual level, between individuals, between groups; affecting, creating, and escalating negative group energy and consciousness; and setting up destructive precedents and tendencies throughout all of mankind and the world. Thus, we observe personal chaos and dysfunction, relationship chaos and dysfunction, family chaos and dysfunction, group chaos and dysfunction, national and religious chaos and dysfunction, and ultimately the chaos and dysfunction of mankind as a whole. Where there is chaos and dysfunction, you can expect that demons are involved. Sometimes they create it, sometimes they feed into it, and sometimes they both create it and feed into it.

Demons have been recognized and mentioned throughout history by all sorts of cultures and religions. They also persist here... today... and affect us and the world that we live in. The idea and concept of demons are so commonplace throughout history that they are noted in songs, pictured in art, represented in movies, etc. They are essentially a "known" part of our reality, though most are unaware of just how real they are and fail to see demonic effects that are occurring in their own lives on a daily basis and on a larger world scale as a result of them.

I must reiterate that all I know regarding demons has been self-taught and self-learned, mostly through experience and interaction. There are numerous books and lots of information out there on the topic. I prefer to learn things the hard way, sometimes fortunately or unfortunately. Ideas and concepts need to be real for me and I am my own biggest skeptic. Importantly, when I understand and believe something, it's because I've put the blood, sweat, and tears into learning it. I also understand that each

person's reality and perception is their own and that this is a unique path that I have been put on, though I've yet to meet many people on the same path who are learning the same things regarding this subject.

Demons in World Religions

In Christianity, the Bible first mentions demons in Ephesians 6:10-12, where they are said to be organized under Satan in hierarchical levels known as rulers, authorities, powers, and spiritual forces of evil. They are also mentioned many times later, including the verse that they "confuse the truth by utilizing demonic lies and half-truths" (1 John 4:4). You'll hear more about this later regarding how they affect group and mass consciousness today.

In Islam, the Koran calls them Shaitan and they are often referred to as Jinn, which are evil spirits that incite humans to "sin" by whispering to their hearts. Their leader in the Quran is Ibis (equivalent to Satan). They are attributed with being responsible for the various calamities that can affect a person and their life.

In Buddhism, demons are represented by the names Mara, Rati, Raga, and Tanha who attempted to dissuade the Buddha from achieving his Enlightenment.

In Judaism, demons are referred to as Shedim.

In Sikhism, it is believed that demons are entities or spirits that are driven solely by ego.

In Taoism, demons are referred to as Sanshi, creatures that live inside the human body and seek to hasten the death of their host.

Shintoism has its Yokai and their Oni.

In Hinduism, demons are referred to as Asuras and Nagas, the serpent demons.

Jehovah's Witnesses believe in demons. They do not, however, believe that souls are conscious and therefore able to interact with live human beings, either as passed-over "spirit guides" or not passed-over lost or disoriented souls. They believe that demons have great power and influence over the minds and lives of people and that mankind is being misled.

The Mormon Church believes that Satan, as leader, seeks to destroy the Children of God on the earth and to make them miserable and that Satan persuaded "a third part of the hosts of heaven" to turn away from the Father (Doctrine and Covenants 29:36). As a result of this rebellion, Satan and his demons were cut off from God's presence and denied the blessing of receiving a physical body (see Revelations 12:9). Heavenly Father allows Satan and Satan's demons to tempt us as part of our experience in mortality (2 Nephi 2:11-14; Doctrine and Covenants 29:39). Because Satan "seeketh that all men might be miserable like unto himself (2 Nephi 2:27)," he and his demons try to lead us away from righteousness.

Demons in Secular and Popular Culture

In our modern world, I see references to demons all around us. I see it in countless movies: The Exorcist, Rosemary's Baby, Legion, The Conjuring, Amityville Horror, Annabelle, Insidious, Poltergeist, Drag Me to Hell, Constantine, Dune: Part Two (2024); in Network and Cable TV Shows: Supernatural, Charmed, Angel, Buffy the Vampire Slayer, Hell Bound, Penny Dreadful, Lucifer, The Witcher, Stranger Things,Dead Boy Detectives; and in music: Imagine Dragons – Demons, Michael Ray - Spirits And Demons feat. Meghan Patrick, Doja Cat – Demons, Jelly Roll & Lil Wyte - Demons, Tears for Fears – My Demons, James Morrison – Demons, Air Supply – Making Love Out of Nothing at All, The Charlie Daniels Band - The Devil went down to Georgia, Rush – A Farewell to Kings, Lordi – Call Off The Wedding, Tracy Chapman – Crossroads, and the list goes on and on. In fact, if you research lyrics with the word demon in them, Lyrics.com for example has 7,547 pages of songs that fit this category alone. Literature all throughout history is filled with references to demons, from ancient folklore to modern tales, stories, and books. And let's not forget about the countless video games with demons or demonic beings in them.

These are but a few examples, but all in all, demons and the existence of demons (regardless of what one calls them) have been known to mankind throughout the ages and they do and have very much existed. I am not here to argue their definition, how and why they came about, etc. My main purpose here is to inform others about them, to awaken others to their presence if they are currently unaware of the unseen forces affecting and possibly sabotaging them, and to instruct others how to Find, Remove,

and Destroy them. With this awareness, I hope that mankind can be free of their clutches, control, and sabotage, and Rise Up to the divine potential that mankind is capable of.

6. Who and Why and In What Way?

Some of the most frequent questions I receive about demonic attachments are, "Why me? Why my child? Why my home? I am a good person, I go to church, I pray, and I just don't understand."

Based on my experience, I have found that demons can attach to both good and bad people, so I make no judgments based on having attachments alone. Demons can attach to those who are currently in a dark place in order to help them remain there and to create chaos and destruction for them, as well as for others through them. Demons can also attach to good people, spiritual and religious people, and people trying to uplift themselves, others, and mankind and humanity in general. They are ultimately trying to sabotage and suppress these people from becoming all that they can be and from doing all that they can do, now and in the future. Sadly, I also find them attached to babies and children at times, who really should be too young to be having to deal with these issues, as they most certainly did nothing at this young point in their lives to deserve such sabotage. And I find that both animals and young children seem to be very sensitive to any negative entities or demons that may be around them or affecting them.

I have seen countless ways in which demons have affected people, places, and things. I've seen computers and technology not work correctly because of demons, people have repeated car problems and accidents caused by demons, little children and animals afraid to go into a room (much less sleep there) until demons were Removed, countless people unable to sleep at night because of demons attached to their bedrooms or beds, discord in any type of relationship – both personal and professional. I've seen aggression, hate, fear, and other emotions heightened and fed into by demons, animals affected and acting out as a result, and pain, illness, and injuries influenced and or exacerbated by demons. I've seen drama and trauma caused by them, personalities shift back to normal when demons are Removed, and more. The list is literally never ending in all the ways that they can influence, sabotage, and be destructive on this planet and I'm sure that there are ways in which I still have yet to learn about, both on a micro and macro level.

So, what do all humans have in common, regardless of age, belief systems, race, gender, sexuality, nationality, etc.? What do animals and places also have in common with humans in general? The answer is an Energy Field.

7. The Energy Field

Based on my experience and work, it is flaws and or weaknesses in a person, animal, place, or object's energy field that allow for it to be affected by demons and or other negative entities and energies. Sometimes these weaknesses and flaws in the energy field are acquired by the person in their lifetime through physical, emotional, chemical, mental, spiritual, and energetic causes and traumas. I also believe that sometimes they can be brought in with us, either on a soul level or past lifetime level (for those who believe that Souls are eternal and that we are allowed more than one trip on this planet for learning, growth, and development purposes). They might also potentially be transmitted on an energetic and genetic level from parents and or along a family lineage, going up the line on one side or the other or both. Essentially, traumas of one kind or another that are passed down through the generations. “Sins of the father,” as one might say or sometimes “Sins that were put upon and damaged the father.” We’ve all been subjected as humans to traumas of all kinds and sorts, some very horrific. I believe that on some level or another, the effects of these can be passed down to further generations, kind of like the Pottenger's Cats analogy where each subsequent generation is weaker because of the limitations and weaknesses of what came before. In this case, however, it is energetic integrity, either whole or not whole, damaged or not damaged, that is passed down along generational lines.

We inherit genetic traits. Even personalities and common gestures and mannerisms can be seen along family lines. Why wouldn’t we also potentially pass down energetic flaws and traits in addition to physical and genetic? It makes perfect sense to me. It is this deeper layer where I can then see how innocent babies and children are attacked and or affected by demons. This foundational genetic and or energetic weakness allows for the first initial entry point and with that, demons can then cause or create other subsequent entry points, with either direct or indirect actions or traumas on their part.

The other way that some of these younger babies and children could be affected is that some of these children are naturally sensitive to energies and

or are here for a higher purpose and good. Therefore, demons seek to keep them down from the start, just as with my own self and my own story. The demonic intention is to influence the person and those around the person to ultimately set the stage of keeping the individual down so that they are likely to never realize their full potential here on this planet.

So, with those varied possibilities in mind, no one is necessarily safe from possible demonic influence and or attack. There should be no judgment related to having entities attached or having the propensity for entity attachment. Essentially all humans are potentially susceptible, on some level or another. But, just like Covid, you can have a family of four, for example, and only one person gets ongoing attachments and being habitually attacked by demons. Again, just as with Covid, it depends on one's susceptibility in the first place to these kinds of issues and I often find it to be an energetic susceptibility and or sensitivity.

8. Demons and Murderers and Sociopaths

It is not uncommon for me to read news articles or hear on the news that someone who did a horrible thing said that they heard demons tell them to do something, that they felt demons were associated with the act, or that they were influenced with and or by demons. I see this all the time and I notice it. I wonder if others notice it as well and if they take it with the same truth and reality that I do. Again, while I do believe that some people have mental health issues, some more serious than others, I also do believe that demons do influence humans to do some pretty outrageous, inhumane, and appalling things to themselves, to others, and to larger groups in general.

Here are some general, basic examples that are all searchable online. This is just a drop in the bucket of what is out there and how many other incidents happen on a daily basis that aren't reported, found out about, or even prosecuted?

Examples of this are:

In 2019, a man repeatedly stabbed his cellmate because he says demons drove him to do it.

In 2016, the Florida face eater who killed a couple and claimed that demons were in his mother's house and that he was fleeing a demon when he attacked the couple.

In 2014, a woman killed her own children, believing that she was a Demon Assassin and that she needed to cleanse her children of demons.

In 1981, a 12-year-old child was believed to be a host for a demon, which then jumped into another man, who then proceeded to commit murder.

In 2018, a Florida school shooter claimed he was hearing a demon voice saying "Kill. Burn. Destroy. Anything." And that he had to fight the voice from taking over.

In 2017, a man kidnapped his ex-wife and stabbed her to death. In fleeing, he drove head-on into another vehicle in the opposite lane, killing another man. He claims that he was hearing voices and spoke often of demons.

In 2021, a teen that stabbed another teen cheerleader was looking around, disoriented, and muttering about demons being around.

In 1976 to 1977, The Son of Sam serial killer claimed that he heard the voices of demons, believed that his fellow neighbor and neighborhood dogs were all possessed by demons, and the demons told him to commit murder.

In 2021, a man drove from California to Washington, DC and stated that he was “called upon by God” to kill demons in the White House and then others on his list as well.

In 1881, Charles Guiteau shot and killed US President Garfield after having been commanded by God (My personal take is that it was demons feeding into his delusion).

In 2017, a Georgia woman who killed almost her entire family was said to have been fighting off demons, according to her relatives.

In 1987, a California mother who killed her baby because voices told her that he was a demon.

In 2017, an Ohio woman thought she was being chased bydemonson the night she crashed a stolen car and killed a 7-year-old.

In 2001, a Texas woman drowned each of her five children in a bathtub because she was under the influence of Satan and wanted to protect her children from the same.

In 2015, a Michigan man set fire to his own house and then broke into a neighbor's house and to assault what he thought was a demon

In 2010, an Atlanta man who shot another man was "haunted by demons" starting at age 13 and was told by a demon at one point to commit suicide.

In 2017, a Louisiana man shot and killed a police officer and was heard speaking of demons that same day.

In 2005, a serial killer was arrested and claimed that there was a demon inside of him that drove him to murder 10 people, including two children. He stated that it entered him when he was young and basically controlled him.

In 2019, an Arizona man drowned his 6-year-old son while trying to cast out a demon.

In 2022, a Colorado man says his possession by a demon caused him to kill his mother. He said that doing drugs put the demons in him.

In 2022, a 3-year-old girl was killed because her family believed her to be possessed by a demon and they were trying to exorcise it from her. They believed she was possessed because she would wake up in the middle of the night crying or screaming.

In 2020, a Missouri couple murdered their neighbor's four-year-old daughter, claiming that she was possessed by a demon. They were trying to beat it out of her so that she wouldn't end up like her mother, who they said was also possessed by a demon.

In 2014, two Maryland women murdered two children because they believed that the children were being controlled by demons and that the demons were jumping from one child to the other.

In 2012, a Kansas couple was arrested for restraining their child with duct tape because the couple claimed to be under demonic possession.

9. Demons Affecting Individuals and Mass Consciousness

We've all seen and heard of conspiracy theories gone wild. Conspiracy theories are all around us. While they were once considered to be crazy and on the fringe of society, they are now so commonplace that it is hard to know these days what is true and what is false. Truth has been undermined, causing confusion about what is true and not true everywhere. Along with it is that the minds of so much of the populace are now feeding into these bizarre "truths" that they believe. Chaos then ensues, with people believing all kinds of things and all kinds of lies. I could name them, but I won't. If you have eyes to "See," then simply look around and See. If your eyes are clouded over or confused, please work to clear them.

I firmly believe that many past and present "leaders" and those in "positions of leadership and authority" in our society (and in our world) that are spawning and perpetuating lies and chaos have demons attached. I also believe that many "followers" who blindly believe these lies also have demons attached. And with that, they feed off of one another, ultimately creating a subset of mass consciousness that feeds into itself and perpetuates their "reality." Demons have essentially created a feedback loop wherein these individuals and this subset of mass consciousness feed off one another. Demons encourage these individuals with their thoughts and beliefs and with the tapping into or downloading from this subset of mass consciousness, setting up illusions, fantasies, and conspiracy theories and feeding into fear, anger, hatred, prejudice, violence, malice, and other forms of negativity. These people have demons within, around, or attached and are consciously, unconsciously, subconsciously, non-consciously, and energetically tying into these demons and this subset of mass consciousness, thereby wreaking more havoc upon the world with demons as their drivers. Sadly, some of these people would consider themselves devout religious people, patriots, saviors of children and mankind, God's chosen ones, and that they are somehow privileged and better than others because of their skin color, their religion, their nationality, their gender, their sexuality, etc. They are illusion driven and very far off from the Light

and the Truth. They are unable to see the hypocrisy and lies that they spew and sadly believe.

I look around with eyes that “See” and I see these conspiracy theories, illusions, and subsequent chaos everywhere. Where there is chaos, disruption, hate, anger and aggression, confusion, and the making of one or more people an enemy and other such problematic issues, I see the work of demons and lower level vibration humanity with it. It is ALL the opposite of Love. It is ALL the opposite of Humanity. It is ALL the opposite of being a decent person with good and respectful morals, ethics, and integrity. It is ALL the opposite of God, Source, Creator, Universe, or whatever you want to call It.

It IS the participation in and celebration of evil. And it IS fed by demons and encouraged by demons.

God (whatever form you believe it to be or whatever name you prefer to use) is NOT chaos. God is NOT confusion. God is NOT malice. God is NOT manipulation and lies. God is NOT aggression. God is NOT deception. God is NOT hatred for your fellow man or a particular subset or group of mankind who may be different from you (race, gender, sexual orientation, religion, gender identity, and national orientation to name a few).

We MUST wake up. We must stop this perpetuation. We must SEE what is good and what is evil. And we MUST NOT perpetuate the evil or the assistance of demons with their desire to destroy individuals and ultimately mankind as a whole.

10. Prayer

People tell me that they pray and therefore don't understand why they would still continue to have problems with being attacked by negative entities and energies. That's a complicated question, but I'll break it down with what I understand to be the answer.

First of all, if you've ever watched the Star Trek TV shows or movie series, there is what they always refer to as "The Prime Directive." The Prime Directive prohibits Starfleet personnel and spacecraft from interfering in the normal development of any society, whether it be technology, religion, science, the understanding of our Universe, etc. How does this relate to this topic and prayer? Well, we on this earth and in this dimension have Free Will. Essentially, any outside help by anyone or anything, including God, is potential interference with our normal development and course of free will on this planet. I've always said that most people ask God, Source, Creator, Universe to do "for them." That is essentially asking for interference, even though it is in the form of a request or prayer.

I tell people that what they should be asking or praying for instead is for God, Source, Creator, Universe to help them "become," so that they can then do and or do better for themselves, others, and the world. This, I believe, is the key. But, it also means that we must be willing to put forth the desire, the energy, and do the work to BECOME. Then, as we Become More, then God, Source, Creator, Universe can work better with us and through us to manifest all that we are capable of. So, instead of asking or praying for God, Source, Creator, Universe to stop demonic attacks and any and all evil, we should be asking or praying for God, Source, Creator, Universe to help us so that we are stronger in all aspects, including against demonic attacks and evil, and to help us heal on all layers and all levels so that individually and collectively as a planet we can all rise up and be that which we were meant to be. We have the ability to regain our dominion over this planet and dimension and also over these beings which have enslaved mankind for way too long. But this also means putting in the time, effort, and work, including that of our own healing processes. When I hear others putting out "thoughts and prayers" when a tragedy happens, I can

appreciate it, but it's important to know that it won't necessarily change anything now or in the future. Powerful Intentional Energetic Work or direct action must happen for any likely real change to occur.

I think this speaks pretty firmly to the notion that prayer is not necessarily the end-all, be-all answer to demon and negative energy problems. Otherwise, any and all people of different religions who pray would be exempt from demons, demonic attack, demonic influence, and demonic sabotage with them and through them, whether it be sabotage of their own selves or involving others. This is sadly not the case, looking around at the majority of these individuals in the world, with all that goes on in their own lives, as well as locally, nationally, and globally, sometimes in the name of religion. Demons and their influence are everywhere, including affecting those who proclaim to be the mighty and the righteous and who think that they are truly doing God, Source, Creator, Universe's work, while the fruit of their doing is anything but Love-based theology and therefore anything but God-influenced.

Secondly, let's talk about Energy, Power, Faith, and Trust. I have a friend who told me once that his prayer should take care of any and all Removals needed for himself, his family, his friends, etc. His basis for this was the biblical saying, "Truly, I tell you, if you have the faith as small as a mustard seed, you can say to this mountain, 'move from here to there,' and it will move. Nothing will be impossible for you." (Matthew 17:20). While I wholeheartedly agree with possibility and do my best not to believe in limitations of any kind, how many people do you know can perform miracles? How many people do you know can move mountains? Raise from the dead? Turn water into wine? The truth that I have found is that yes, we CAN DO much more than we are doing and we can BECOME so much more than we are. But, we have been so oppressed for thousands of years by demons directly and indirectly working through mankind to pit mankind against one another, societies against one another, and nations against one another, for example, that we have not become all that we can be.

My point here is that yes, miracles can be done and prayers can request and potentially influence them. But such miracles are done "through us" and not "for us", as I have described above, and each person "channels" God,

Source, Creator, Universe's energy differently. And because we are not as evolved as we could be, that power and flow is typically limited, and thus the results can be limited. We are the vessels through which the energy and power work. Therefore not just anyone can "do," though we all have the capability. Hopefully someday, mankind will get there. The first step is to get rid of demons and their interference, sabotage, and suppression of mankind so that mankind can progress and evolve on all layers and all levels and then maybe we can truly see the Kingdom of Heaven on Earth, as it was meant to be manifested.

11. Tools

Tools that I personally find helpful are White Boarding, Self-Talk, Mirroring, White Lighting, and Hands on Heart. White Boarding and Mirroring are my own creations or should I say “downloads received.” Whether or not they exist elsewhere out in the world, I don’t know. They are tools that have come to me out of my learnings from the work that I do. I learn from my work and It teaches me. Self-Talk is an obvious idea. I simply have repurposed it for my own use and feel the need to call it out because so many people don’t monitor their own internal messaging. White Lighting and Hands-On Heart are practices that I have either learned along the way or have been exposed to, and then adapted in my own way.

I find these tools to be very powerful. I can honestly say that I personally use them all the time and I teach them to those individuals who have entrusted me to work on them physically, emotionally, and energetically. Use of the tools does take conscious awareness and practice, like all things. I have seen them create shifts in and around others who take the time to learn, practice, and excel with them.

White Boarding

There have been times in my life when outrageous and appalling ideas, thoughts, or feelings would pop into my mind. I would be shocked, ashamed, and then begin to doubt myself and who I was as a result. One of the causes of this internal “talk” that I would later realize was due to my sensitivity and ability to pick up on other people, other energies, and other entities (such as souls and demons). Another situation where we get a lot of internal talk is “self-talk.” This is where the ego, along with deeper parts of the conscious, subconscious, unconscious, non-conscious, and energetic selves (including other ego selves like the inner child) bubble up to the surface with deep programmed thoughts and emotions. Often this is either due to unhealed parts of our psyche and ego or it’s due to programming that we received and bought into from other sources like parents or society, as examples, and then accepted as our own. We’ll talk about Mirrors shortly

and how they contribute to our sense of self. First, let's talk about White Boarding.

Oftentimes, we are faced with unpleasant thoughts, ideas, emotions, or opinions popping up randomly into our minds that don't seem to feel or be in alignment with our current conscious self or that may be maligning towards ourselves and or others. Our first initial reaction may be shock, then guilt or shame, then bewilderment. We then ultimately attempt to push away these thoughts and emotions, essentially creating an internal battle. This internal battle does not heal the issue or resolve the issue. It merely sets up and creates a divide within the person that is laced with self-doubt, misunderstanding, and sometimes aggression with and towards self.

My advice, when faced with such an unpleasant thought is to first of all not to define it or own it, but to simply observe it. If it is not in alignment with who you are or who you want to be, then imagine it written on a whiteboard in your mind. Make the statement to yourself - "No, that's not true," and then imagine yourself erasing it in your mind as you would a whiteboard. Then go through and replace it with true feelings and statements, one by one. You are essentially erasing and replacing the negative thought or emotion. By doing this, you will not be as impacted by internal or external energies that are looking to sabotage you. You will also maintain your own personal power and sense of self. And you will replace and retrain yourself and your brain in the process to not accept these negative thoughts and feelings, and to hopefully and eventually not even go there in the first place.

I have two examples:

The first was when I was in my early 20's. I did this without even knowing at the time what I was doing and it worked brilliantly. At that time, I had been in a monogamous relationship for about two years. I was working out at the gym one day and across the gym, I saw and was instantly mesmerized and overtaken by another person working out that seemed to magically be anything and everything I could ever want. But then I realized the reality of the situation, even though I still felt the strong draw and pull. This pull was so strong, that I could see myself forsaking my current relationship for it. In my moment of clarity, I said to myself, "No. This isn't true." I then counted before me on my fingers my truth... 1) I don't know who this person is, 2) I

don’t know anything about this person, 3) I am happily involved in a relationship, 4) There is no guarantee that this other person would be right for me or good for me, 5) There is no guarantee that this would go anywhere significant, 6) There is no guarantee that this other person would even be interested in me, 7) It’s not worth wasting the time and energy on this illusion when I am already in a situation of reality. Upon doing this process, it was like a bubble instantly burst (what I call a Bubble of Illusion that I was stuck in or that was around me). All my immediate knowingness that this other person was the end-all, be-all for me vanished. I looked at this other person and all my previous attraction, draw, and willingness to want to drop everything was gone. I was back to my reality and truth. To this day, I still don’t know if this came from a part of me within myself or if it was sabotage by an external entity or energy, but I do know that proclaiming my truth helped me to re-anchor myself back into my reality and reclaim my power with it.

The second example was messaging that came from within myself. Growing up, I was a very self-conscious individual, especially with my sensitivity to others and what they were thinking and feeling. It only made me more self-conscious of myself and others' reactions with me and towards me. There used to be a time when if I was walking and tripped over an uneven crack in the sidewalk, I would immediately look around embarrassed. In my head, I would have self-deprecating thoughts like, “OMG, that was really stupid. Way to go. Everyone is looking at you. How embarrassing!” Then one day I realized that this internal talk was not supporting me, was not being loving towards myself, and was an internal projection outward. So, on occasion when I would trip, I would then imagine myself White Boarding those thoughts and replacing them with statements such as: 1) This can happen to anyone, 2) Sidewalks are unlevel at times and it’s not my fault, 3) Anyone and everyone can and does trip on them, 4) It’s not a big deal, 5) No one cares and no one is paying attention, and 6) No one is passing judgment because it is just life and life happens. Then one day, the most amazing thing happened. I was walking along and I tripped or caught on the uneven surface of a sidewalk when inside my head, I immediately heard a loving, caring voice say, “Are you okay, Baby? Are you alright?” I was shocked and surprised and said back mentally, “Uh... yes, I’m great. Thank you.” How different was that internal, caring, and

loving voice compared to the previous voice that was self-deprecating, self-loathing, cold, calloused, and judgmental. Whether that initial internal voice of mine came from me, my own experience with others in my lifetime, or from a source outside of myself, I don't know, but it had now been replaced by a voice of love, care, compassion, and concern. And that is one of the ways that we can help ourselves to heal.... by giving love and compassion to and from ourselves. And this leads us to our discussion on self-talk.

Self-Talk

As I often tell my patients and clients, we all talk to ourselves, both externally and internally, in ways that we would NEVER talk to another person that we love and care about. With ourselves, we are oftentimes cruel, degrading, punishing, and self-loathing. Some of this internal talk comes from the personalities and traits that we brought into this life with us. For those who believe in past lives, this could be explained as due to past life experiences, traumas, or the residual need for growth. For those who don't believe in the possibility of past lives, this could be ancestral lineage personality traits or trauma passed down either energetically or genetically from one generation to the next. The other way that we obtain this internal Self-Talk is by mirroring how we saw, heard, or experienced ourselves being treated, or interpreted being treated, starting in infancy, childhood, and the later more formative years.

In essence, we sometimes learn to treat ourselves the way that we were treated. This could be by family in general, one or two parental figures, a sibling or multiple siblings, neighbors, other primary caregivers, teachers, classmates, and the list goes on. If the message received as a child was "We don't have enough money, so you shouldn't ask for things because you know we can't afford them," then the child grows up with a lack of self-worth, a hesitancy to ask for needs, a lack of comfortability with receiving, and ultimately a lack of worthiness to accept love and all that goes with it. Say a situation happens where a couple in a significant relationship ends because of the choice of one of the partners. The remaining partner's inner Self-Talk might say, "See, what did you expect? Why would anyone ever love you, you are too needy, you are never satisfied, you never trust that someone loves you, and you never really open up and feel safe and let

others in. You will NEVER be loved. No one will EVER love you. You don't DESERVE love."

Most of us would never say these things to a friend or relative that we love. Never. To them, we would say, "It's going to be ok. These things happen. This person just wasn't the right one for you. The right one will come along, you'll see. You worked hard to try and make this relationship work and sometimes it just isn't anyone's fault. Sometimes it just doesn't work out. You are an amazing and loving person. You just need to find the person that is right for you. Hang in there. I know you are hurting. It'll get better. I promise." This is a more loving and compassionate response. Instead, many of us talk to ourselves in our head in a way that further perpetuates any abuse, punishment, low self-esteem, sense of unworthiness, and self-loathing, and with it hopelessness about ourselves, situations, and future situations.

If you want to start the path of self-love and healing, one of the first steps is to start monitoring the thoughts in your head that are hurtful, judgmental, and unloving. Then, use the White Board technique to erase those negative thoughts and judgments and replace them with encouraging thoughts and self-talk full of love, understanding, support, compassion, and empathy for yourself.

Without this, you will be on a constant treadmill of being one of your own worst enemies instead of one of your own best supporters.

Where do some of these ideas and self-talk ideas come from? It's time now to have the Mirror talk.

Mirrors

It's not uncommon for many people to walk around letting others, society, ads, movies, articles, Instagram, Facebook, etc. all affect how we feel about ourselves. For example, there was a time when I would sit in a dentist's office and rummage through their People Magazine or some other such type of magazine. I would see pictures and stories of the amazing cars, houses, wardrobes, adventures, and amazing lifestyles of the rich and famous. As a result, I would feel bad about my own self, my own life, and essentially

what was “me.” I soon realized this tendency to feel bad about myself and realized that a lot of these people I was seeing before me simply had the run of luck and sometimes talent, but a lot of luck with it, and it helped them to be and end up where they are. But it didn’t make them better than me. It didn’t make their lives better than mine. It didn’t necessarily make them happier than me. These people were simply different from me. And while I was doing healing work and other spiritual work that might not ever make me rich or famous, it by no means took away the value of who I am and what I do.

I’ve often told people (and this began approximately 20 years ago with me thinking this thought) – If I died tomorrow, I would feel accomplished, proud, and feel good that I did all that I could in the time that I had to help heal others, this world, this Universe, this reality. I may or may not have made the “big impact” like I would have liked to have made, but I know that I have touched and healed a lot of lives and for me that is priceless. So, with that thought and feeling, does it really make these other people more valuable and worthy than me simply because they can act or play sports or do something else really well and or just got a lucky break in life? What about the teachers, the counselors, the volunteers, the non-profits, the social workers, etc., who work every day to try and make the lives of others better, even if just one person at a time? These celebrities in these magazines are not my Mirror of my value and self-worth. They are just a reflection of their life path, which doesn’t make it any better or more valuable than my own.

How about when women see ads of those who are younger, thinner, in their eyes prettier, and perhaps even a different color than them? In other words, what society says is “ideal.” Or men or boys who see other men that are chiseled, strong, masculine, fearless, and have better bodies or larger appendages than them? These others are not their mirrors of their value and self-worth.

How many times do we let others dictate our happiness and feeling good about ourselves by their reactions, either overtly or subtly, to us, our clothing, our hair styles, our vehicles, our lifestyles, etc.? What and who gave them the Power to be our mirror back to us of our value, worth, success, etc. in life? We usually give them that power. And where does that

start? In childhood, with our very first caregivers and then it continues on from there.

When we are younger, our world consists of us and the primary caregivers around us—mom, dad, maybe grandparents, siblings, and other caretakers or providers. Typically, it is mostly mom and dad that first impact us most, but not all families are intact and or traditional, so it can actually be any first primary caregiver(s). When we are an infant, what is immediately around us is all that we know. Our sense of self begins to develop based on our caregivers' reactions and actions with us and towards us. The way that we are treated, responded to, and the emotions, the words, and the actions that are directed toward us all Mirror back to us and impact our sense of self. The immediate external world is all we know. We don't yet understand the complications of life, the day-to-day difficulties, the relationship issues, the money issues, the work issues, the societal and global issues, and so on. We simply know how whoever is in front of us is or isn't responding back to us.

For example, say a little girl is used to daddy loving her very much and him always being there in a safe and secure way. One day, he comes home from work after having had a horrible day at work, the boss was on his case, he's worried about his job, the family has bills to pay, and lately he and mom are having relationship issues. Does a three-year-old girl have the understanding of life and all of its complications to grasp any of this? No. She only knows that when daddy comes home, she is excited to see him and usually runs into his arms where he then picks her up and twirls her around, making her feel like a million dollars, especially because he's been gone all day and she is excited to see him. Well, on this day, dad comes home and is in a very different grumpy mood. He's not having anything to do with anyone. But she doesn't know or understand this. All she knows is that dad is not being loving, caring, and excited to see her. Her first reaction is "Oh, no. Why is dad unhappy with me? Did I do something wrong? Is there something wrong with me?" Of course, it's doubtful that she will have this level of self-communication and awareness at three years of age, but she feels it and it impacts her on the fragility of her world and her relation to it. Therefore, in feeling that she somehow made dad unhappy with her and that her world is now somehow fragile, she might then start to become a people

pleaser, thinking that she must impact others positively, give of herself, possibly even abandon self, to make sure that others are happy with her and remain so, so that she can feel loved, wanted, safe, and secure.

Think about how many other scenarios potentially reflect back negatively to a child. Perhaps a child is emotionally or physically abused. What messages are sent to them regarding their worth and the safety of love? How about a mom or dad that suddenly goes and moves away making the child feel abandoned? How about when a new sibling is born that all of a sudden becomes the focus and center of attention? There are so many ways that our external environment Mirrors back to us our sense of self-worth and we can then carry that into other areas of our lives with friends, schoolmates, society, work, relationships, and more. We often put our own value into the hands of others with their reactions, judgments, and acceptance or non acceptance of how we dress, how successful we are, what we own, how we look, the color of our skin, our religion, etc. We learn to be and feel vulnerable, overly-sympathetic and sensitive, self-conscious, and have the tendency to give our power away as a result.

Here are two examples of this that I like to use:

Imagine a woman is walking along a sidewalk, having a great day so far, and feeling good about herself. Then she hears two women nearby laughing. She looks over to them and they are looking at her at the same time while laughing. All of a sudden she is self-conscious. Is there something about her that is funny? The way she is walking? The way she looks? The way she dressed that day? Is there something else that she doesn't know about or realize? This potentially ruins her great day that she was having and makes her question herself the rest of the day. What if these women were laughing with each other and just happened to look over when this other woman came into their peripheral vision and they just happened to momentarily look at her, with her catching them in mid-laugh? And it was never about her. Yet, she made it so and it impacted her powerfully as a result.

Another example that is a true life example for me:

I once had a massage therapist come to see me for a shoulder problem that he was having. He was doing some yoga and tumbling exercises and had fallen on his right shoulder and couldn't raise his arm above 90 degrees or pull it forward in front of him across his chest without severe pain. Typically, most people that come in to see me for work in-person are familiar with the fact that I am an alternative practitioner and use many alternative techniques, such as Muscle Testing and Applied Kinesiology to talk to the body and see what it wants and needs from me (the body knowing more about what is actually going on with itself and how exactly to fix it than I do). Well, five to ten minutes into the session, with me having done Muscle Testing and Applied Kinesiology on him, he looked up at me from my treatment table and said, "Uh... I hate to say this, but I kind of think and feel that you are being a quack." What was my reaction? I chuckled. And then I said, "Yes, I understand how this can all seem new, foreign, and strange to you, but you are here, so why don't we just continue and see if we can at least get you a little better." I continued to work on him and before he left the appointment, he was able to raise his arm fully above 90 degrees and comfortably across the front of his chest. He was blown away and later went on to learn alternative techniques himself, including some Muscle Testing and Applied Kinesiology. I had helped to change his paradigm.

What happened in this situation? I simply recognized that he was not my Mirror and therefore I didn't give him the power to be so. He had no knowledge of me, my experience, my education, my successes, etc. This was simply a foreign experience for him. Had I allowed him to be my Mirror back to me, it could have potentially shut me down with him, allowing his reality to be the truthful one. It could have shut me down for others that same day, and it could have impacted me in general with the entire work that I do on a day-to-day basis. Had this happened much earlier in my career, it might have impacted me much more than it did and who knows if it might have shut me down and stopped me from moving forward at that time?

The key lesson here: Not everyone is and or deserves to be our Mirror, so we shouldn't give them the power to be so. You never know where another person is coming from – with their past hurts, their life experiences, their

beliefs, and also how they feel about you, issues affecting you, or issues in general. On top of that, you don't know what energies or even negative entities or energies might be working with them or through them. So, don't just give anyone the power to be your Mirror. Choose the ones you trust to be your Mirror carefully. It can even be different people for different categories. Then, when feedback or self-reflection assistance is needed, go to those specific people that you trust and ask them to give you feedback, advice and or validation. Even then, do not give all your power away to them. Take their information, listen to it, think it over and sit with it, pray on it if that's what you do, and still find your own truth in the matter.

For example, with some of the first inventions on this planet, would we have airplanes, electricity, phones, and other such incredible inventions, if the inventor went to someone else and asked them their opinion on the feasibility of it? Perhaps not. The moral of the story here is that we all have our own paths, our own truths, and our own purposes here. Not everyone will understand it or you. Don't let yourself be shut down by others who don't understand or are dealing with their own limitations or their own agendas. And don't let negative entities or energies working with them or through them do it either. Find your Truth. Follow it. Adjust as necessary.

White Lighting

White Lighting is a tool and technique that can be used meditatively to intentionally help to clear the energy around a person, place, or thing. White Light represents the pure energy of God, Source, Creator, Universe (or whatever you want to call It). Many of us have heard that some who have had near death experiences report having seen, experienced, or started to head towards the White Light. So, it shouldn't be a completely unfamiliar term. The idea behind White Lighting as a tool is to intentionally (it can also include Hands-On Heart and or a mantra or prayer) call down the Pure Energy of God, Source, Creator, Universe to cleanse, purify, and protect. You are essentially White Boarding and White Washing by Intentioning the pure White Light Energy of God within and around you, perhaps another person, a group, a place, or an object (such as a car or house), for example. It can be a very powerful tool. I will give you a couple of examples of how it has worked for me.

One of my earliest experiences with seeing the physical ramification of the use of White Lighting was when I was in my 20's. I was living in Portland, Oregon at the time. It was late at night and I had just been out with friends for the evening. We were walking past a homeless man. One of my friends, who was a bit immature at the time, started verbally taunting this homeless man a little, though nothing horrible or mean. The homeless man then got up and started to come after all of us. We naturally started to run. In my mind's eye, I imagined putting a White Light Wall up between this person and us. The minute I did that, he immediately stopped, turned around, and went back to where his bedding was. The only thing I can deduce from his reaction is that he must have energetically felt it on some level of his being and responded to it.

In another more recent experience, there was a day when I had a horrible afternoon headache. I barely made it through my afternoon appointments and sessions. All I wanted to do was to lie down and surrender to the world. I didn't want to eat. I didn't want to do anything. My head hurt so badly. I didn't even have the energy to scan or do a Removal at that point. The only thing I could think of doing was to White Light myself while I was laying there on my bed. So, I imagined the White Light of God, coming down, surrounding my body, and washing it over and over, as if I was lying in a waterfall of White, glistening Light that was continually flowing around, over, and through my body. After doing this for a couple of minutes, my headache completely disappeared as if I never even had one. It went from 60 to 0 in minutes. I felt completely refreshed with zero headache and it was hard to believe at that point that I had even had one. The only thing that I can figure out in retrospect was that perhaps my headache was due to a negative entity or energy around me and the White Light technique (Intentioning God, Source, Creator, Universe's Energy) cleansed me and my space, clearing out whatever it was that was keeping me down and making me not feel good.

So, it doesn't hurt to White Light yourself, your loved ones, your home, your property, etc. Think of it as a visualization and Intentional form of prayer, as opposed to a verbal word prayer. I've seen it do amazing things!

Hands-on-Heart Space or Heart Chakra

The Sacred Heart Space is depicted in Christian paintings, stained glass images, books, etc. as the image of the Heart of Christ or for Catholics it can include the Virgin Mary. It is also referred to as the Heart Chakra (the 4th chakra or energy center) in the Hindu, Shakta, and Buddhist religions. The Heart Space or Heart Chakra is the center that allows us to express and give unconditional love, warmth, and compassion to and from God, Source, Creator, Universe, to and from others, and to and from ourselves. It is the optimal space that we want to be in when we are connecting with ourselves, others, and God, Source, Creator, Universe. In the ideal world, we would all want to live and be in a Heart Space all the time. If this were the case, we would not want to harm or injure others or ourselves. When we do hands-on work on the Heart Space or Heart Chakra, it is so that we can get into the most loving space possible. It is a way of communing with God, Source, Creator, Universe and metaphorically saying, "I open myself up to the Highest of Love." Many people don't realize that we can do this for ourselves anytime, anywhere. God is always available to us. All we need to do is to connect ("seek and ye shall find").

How to do it: Close your eyes, breath regularly, and put both hands over your heart and mentally say (over and over if you'd like), "I acknowledge God's healing energy, light, love, and protection" or "I acknowledge God's healing energy, light, love, wisdom, guidance, and protection" (as I myself do it) and feel the interaction between your hands and your chest. This brings together the Intention that you are open to Divine Energy, Love, and Healing flowing down through you to your hands and then to your heart space. Do this for several minutes or as long as you want or need to. It is good to practice this daily, especially upon waking and while waiting to fall asleep. It is also beneficial to do before important discussions or interactions with those you love where you absolutely want to make sure you are in the most loving space possible. You may find that with time and practice, you'll not only feel your hands getting warmer, but you'll feel yourself shift into more of a loving, meditative "heart space." Also, with practice, you'll find it much easier and quicker to get into this heart space when you want or need to!

Just think of how much better the world would be if we all did this daily!

12. Demons and Mental Health Issues

Let me first say that I am fully aware that there are numerous reasons for serious mental health issues, way too many reasons and causes to list here, such as neonatal causes, chemical and heavy metal environmental exposures and toxicities to either the mom, the fetus, or the person themself, vitamin and mineral deficiencies, trauma and abuse, genetic and familial tendencies, parasites, and more.

There are three issues that I think are important regarding mental health and demon Removal.

The first is that demons can cause and or exacerbate thoughts and emotions in a person, and thus feed into mental health issues. It's on my list of Removal possibilities. It's probably even unknown to my own self just how much prompting and influencing demons actually do to humans, causing negative results and consequences. Besides manipulating basic thoughts and energy, I find that they can influence emotional states, in addition to taking advantage of and making worse any emotional states that are already present. Ultimately, it comes down to self-awareness, self-control and self-direction, and with that, mastering one's environment by making sure that there are no known Attachments and stopping to check and see whether there are any external negative influences when feeling abnormal or having experiences that seems out of place.

The second issue is that a person with actual mental health issues can be affected, worsened, and sabotaged even more by demonic energy and it is important to discern when this is actually the case.

And thirdly, there is the more challenging aspect of trying to work with these individuals who are mental health challenged, because they can be so enveloped, caught up in, and or wrapped up in their "cycles and paradigms" that it is hard to discern when what they are experiencing is due to demons or demonic influence or the result of some of the other possible causes listed previously.

Therefore, one of my first concerns with anyone whose self and experience seems “out there” is the question, is this person mentally healthy and stable? Are they able to obtain and maintain mental health and stability? Sometimes what is going on with them is paranoia, fear, and other emotions that may or may not be demon fed. For those that are demon fed, removing the demons should help, but then these people are also not typically very stable to begin with. The issue would then be how to keep them stable and keep them from continuing to attract demons that are more than happy to feed into their issues, fears, other negative emotions, and paradigms. It could be that there are mental, emotional, and or energetic “weaknesses” that allow them to not only be attacked, but also to be kept in a state of terror and fear that they can’t let go of. They then buy-into the situation even more and don’t have the adequate skills to cope and are then unable to regain their sense of personal power, which is an essential part of the healing process, heading towards stability and increased groundedness. With their energetic, mental, and emotional flaws, they are often “open” way more than they should be and pick up on all kinds of thoughts, energies, entities, realities, and so on.

My first thought would be to help them get energetically grounded and sealed-off to external influences that may be affecting them. Then work could potentially begin to build them back up again from fragile and shattered beings to what they can become. The realization of what is me vs. not me (boundaries) in what they pick up and sense, along with the further growth and development of what is “me” and the groundedness that can come with that, would likely be helpful and necessary to help them along their path of healing.

13. The Merry-Go-Round

I often find the average person I work with who is having issues with demonic attachments or influences, and especially those whose situations are exacerbated by or related to mental health issues, are on what I call "The Merry-Go-Round." This is essentially when a person allows themself to obsessively and compulsively get "locked into" an idea or emotion, often times out of fear, that then spirals and further spirals upon itself until it is totally out of control. Sometimes this spiral is caused by demons. Sometimes it is exacerbated by demons taking advantage of the person's tendency to spiral. Sometimes demons both cause and exacerbate the spiral. The first thing this person must do is to recognize when they have jumped on the merry-go-round and then do what is necessary to get themself off of it. The White Boarding exercise that I refer to earlier in this book can help, as well as many other different kinds of emotional, physical, mental, and energetic work with the ultimate goal of healing in mind.

One of the primary difficulties when it comes to conducting Removals and attempting to curb demons and demonic influence overall is the tendency for people to "own" their situation and thus not be able to "get off the merry-go-round" associated with it. This is similar to people who think and believe that they have "curses" on them or their family. On some level or another, they have bought into it and accepted it, then continue to look for it, and ultimately buy into it and own it. This allows for a kind of passive agreement on some level or another to be a participant in the process. Demons are more than willing to play their part and help the person with maintaining this belief. Whenever I do a scan on someone who believes that they have a curse or black magic affecting them (without any actual real life, sane proof of who, how, or why), I most often find demons playing into "bad luck" for the individual, family, and situations, leading them to believe that they are "cursed" or that someone is doing "black magic" on them. The very fact that they believe it allows it to propagate because on some level or another they are being "victimized," which by its own very nature, makes them victims. Victims are considered powerless and subject to whatever forces are thrown at them. I am not saying that bad things don't happen. I'm not saying that bad energy and events can't be directed at a person, family,

and situation by humans (with demons assisting them) or by demons themselves, but the acceptance and owning of that very fact, however, helps to allow for its continued propagation.

When I attempt to do a Removal on a person who believes that they are cursed, and therefore feeling that there is no hope, I often find that they keep "looking" to verify that whatever is causing the situation is still there. The example I like to give is that if I work on someone physically with a shoulder problem. If they leave and keep looking and moving it around, they are essentially saying without saying to it, "Are you still there? Are you still there?" They never allow it to leave because they are locked onto it, constantly engage with it, and reaffirm its presence and or even irritate it enough to prevent healing. This is in opposition to people I treat who then leave and the next time that I see them, they say, "OMG, I completely forgot about it." It may be completely gone or at least subjectively vastly improved. In essence, these individuals "allow it to leave" their reality and their experience.

Someone who constantly looks for attachments after a Removal, when there are none at that moment, can have their very fear, anxiety, panic, vulnerability, and expectation call in the very thing that they are afraid of. This then validates their idea or feeling of being doomed, per se, and their belief that there is no hope. They are essentially helping to perpetuate their own problem.

What I tell people after a Removal is to "let it go," and simply observe. Don't expect. Don't look. Don't define. Don't own. Just observe. This allows the mind to let go and therefore decreases the emotions and fears that call forth demons and negative energy, which will hopefully stop the feeding into and continuing of the situation.

The other aspect of this issue involves those who are having valid mental health issues. I believe that these people may be fragmented not just emotionally and mentally, but also energetically. Who knows whether this came first prior to demonic attack or was simply preyed upon by demonic attack? Regardless, these individuals are "opened up" sensorily and energetically and have lost their groundedness in themselves, this world, and this reality to some extent. They are often half-in and half-out of their

bodies, subjecting them to all kinds of demonic influences that can cause or exacerbate negative behaviors, fears, anxieties, etc.

I have yet to be able to do direct work on severe cases. I would like to eventually be able to work with some of these cases to see if they can become and remain energetically grounded, sealed up, and protected. Once done, it would be interesting to see what remnants remain to be worked on, if possible, understanding that not all mental health issues may be resolved energetically or spiritually.

Mental health issues do make energetic emotional healing work and Removals on these individuals difficult. Until their energetic aspects are grounded, dealt with, and protected, they may be forever tormented and subjected to these demonic energies and entities and will be “unable” to let them go, whether they want to or not. One of the factors that must be taken into account before conducting a Removal on a person is how much of that person’s experience is mental health related. The further along the mental health issue spectrum they are, the more complicated it can be to potentially help them with just doing Removals only, because these individuals can especially be caught-up in the Merry- Go-Round and therefore unable to get off of it, demons or no demons.

Either way, whether due to buy-in or mental health issues, the more complex a person’s story, whether that information came from self or another or others, the more concern I have about being able to actually help that person. On some level or another, these individuals are caught up and entrenched in their own beliefs and have further extrapolated and built on these beliefs, which then only become more entrenched, leading to a stronger and deeper hold on the person as a result.

14. Curses, Black Magic, and Human Energy

One common issue that I hear from people who are having supernatural issues is that they feel "cursed," meaning they have a curse upon them or that their family or lineage is cursed, typically speaking of another person or persons responsible for this. I also hear references to the belief that black magic is being performed on some of these individuals. I do believe that humans have the ability to send or impart negative energy to each other; however, I don't believe that humans on their own have the ability to impart a curse upon another or another's lineage. Humans on their own, the majority of them, simply aren't powerful enough and or don't have the appropriate knowledge of even how to do this on their own. So, I don't believe that the average person can set a curse upon anyone else. I do believe, however, that many of us humans are very sensitive to energy. And therefore, we can be impacted by the energy of others, either specifically directed energy towards us or sometimes with just picking up on energy that is "out there" or emanating from within another person. This can affect us in many ways and speaks to the need for strong energetic boundaries to protect and filter out this effect.

One of the first questions to ask when "sensing something," whether it be an emotion, a pain, a discomfort, or simply "feeling off" is the question, "Is this me? Is this mine?" If it is not of you or from you, then either you or someone knowledgeable and skilled enough (if that's not you) can then try to see if it can be traced to its source. I simply start with categories of friends, family, female, male, human, non-human, soul, demon, etc and follow the trail with that to simplify it down to as much of a specific source as possible. I once had an experience where I was talking to a friend on the phone. We must have discussed something that must have upset him because I immediately felt a strong pain in my right knee that took several days to go away. I recognized the synchronicity of the timing and recognized it for what it was. Do I believe that my friend intentionally directed negative energy towards me? No. But, I do believe that he felt a strong emotion towards me that I picked up on. Why was it directed and received as a physical symptom? I'm not sure. But it's been over 20 years now since that happened and I still remember the impact that the situation

had on me at the time, with the instant realization of the cause and effect related to the phone call and the discussion that took place. So yes, we can be affected by other humans directly or indirectly "putting out" energy towards us, but I don't feel that most people are sensitive enough to pick up on it and I don't feel that most people are strong enough energetically to send that kind of energy toward another person, especially energy that might last over time and or generations.

On the other hand, I do believe that humans, with demons working with and or through them, can impact others with these types of issues. Whenever I scan someone and part of the complaint or belief is that they are somehow cursed or being cursed or affected by another, I typically find demons attached to and or playing into issues of what we call "bad luck," where things seem to be problematic all the time and don't go or work out properly. There can be a demon or demons behind another human, simply working with and through the other human's negative emotions that are then being directed outward. They can prey on the "paranoid" feelings of the receiver, with demons simply feeding into their belief system and "proving them right," or it can be on both ends of the situation, with the sender and the receiver both having demon issues and or sabotage. Thus, the person will then ultimately believe that they are cursed or that they are the victim of black magic. But the very belief itself, along with the expectation and ownership of the belief and subsequent events that go with it, only allow for further attachment and buying-into the issue and encouraging the demons involved.

This then makes it very tricky to resolve because the person has bought into the belief of their vulnerability, the expectation that a curse or black magic exists, and also typically the deeper though not always conscious expectation that there is no way out of this situation. So they reach out for help, but have a difficult time letting go. Belief is powerful and ownership of belief is even more powerful. I frequently tell people it is important for people to observe, but not to define or own. This means that that both defining and owning allow for the person's buy-in, which can then be reinforced by whatever energies are involved, in this case demons.

Another way is to question at what point and what would it take for a person to actually let this issue and belief go? Typically the person is somewhat paranoid, frantic, and has lost all sense of power in the situation or situations, and simply doesn't know how to get it back, rightfully so with demons involved. It is essential for them to learn to not buy-into it, to reclaim their power, and for them to allow for the Removal, with the subsequent removal of any ideas of curses, black magic, vulnerabilities, and the hopelessness that might come with it.

There is also Intentional Energy Work, which can help a person maintain and or reclaim their personal power, help build up their energy field with, involving, and or against demons and or demonic energy, help build up their energy field against any and all negative energy directed towards them, and work on issues around feeling and being safe. I'll write more on Intentional Energy Work later.

15. Portals

People who request removals from me often say that they think there is a "portal" in their home, bedroom, or elsewhere that is allowing the demons in and therefore causing them the problems that they are having. Naturally, they want me to check for any portals that might be present and close them, if possible.

For those who don't know what a portal is, a portal is considered a break in the fabric of our reality (i.e. dimension) that would then allow the entrance of a being, entity, or energy from a different dimension into ours. So, naturally, most people would think that these beings had to come from somewhere, so naturally it would make sense to them that there is a portal in their home, bedroom, or wherever they seem to be having an ongoing issue.

I personally don't believe this to be true. This belief in a portal being present assumes that demons are currently coming in from another dimension into the person's space. The sad truth is that the majority of demons are already here and they have been for who knows how long. They are attached to people, places, homes, objects, land, and more, and have unfortunately played a part in human history since the dawn of time and not in a good way.

Already here, demons can be drawn to a person and or picked up or transferred from a person, place, or thing to another person, place, or thing. I have had numerous instances where someone visited a hospital, nursing home, jail, or any number of populated places, only to end up with demons attached to them. This is why it's important when I do a Removal, to first scan and do Removals on the household "bubble."

Even though demons can be picked up from anyone and anywhere, if you only do Removals on one individual living under the same roof, then because of proximity and time spent together, it is likely that if another person, an animal in the home, or the home space itself has attachments, then they can easily re-infect the person who had the Removal done. So, it's

best to make sure that all humans and animals under the same roof, as well as the home space and any and all objects in it, and even sometimes the land itself, are all cleared at the same time. Of course, a good scan should tell you first who and what would need to be cleared of attachments. Just like Covid, you can have one person in a household that is prone to attachments energetically and everyone else is just fine. I do find that if there is at least one person in the household with attachments, then oftentimes the home space has attachments as well.

To summarize, looking for portals is not something that I spent time thinking about or being concerned with. Eventually I would like to consider the idea of finding any and all portals present here in this dimension as a whole and then getting them all closed, if that is possible. But that is a large task and venture, and there is still the issue of the numerous demons already present here. Therefore, I'm not quite ready yet to look into that grand possibility or idea. I do hope that someday that we, as a collective, can.

Part II: How to Scan and Conduct Removals

**** CAUTION ****

This book has talked about who I am and my personal experience with demons so far. It is now time to consider if you are to read further. There are other chapters, testimonials, and stories at the end of the book, but before those last sections I will be discussing scans (how to assess and look for demons) as well as how I do Removals (the actual getting rid of demons).

These techniques may not be for everyone. Some people say that such work can potentially open you up to a more intense Spiritual Battle, if that is what you have been going through already. Although this is potentially true, I also believe that we have the right to defend ourselves against these negative entities and energies. I personally would rather fight than to give in to a life of sabotage with them and by them. However, that is ultimately your decision. I also caution the reader that if you are to continue on with the scanning and Removal process, that if you are going to practice utilizing them, that you primarily do the techniques on yourself, your family, and your loved ones in your immediate household only. If you take this battle to a larger stage, like I have already done and plan to do even more as I Evolve, then you could invite a much larger Spiritual Battle. In my case, knowing what I know and wanting to be an Instrument to the best of my ability on this planet in the limited time that I am here, I put on my Spiritual Armor, take up my Spiritual Shields and Swords per se, and all the Powers granted me thus far to work with me and through me, and I proudly and strongly take up The Call. It is up to you to decide what is best for you. There is no shame if this is not your path or your calling. If this is not for you or not for you at this time, then feel free to move on to the remaining chapters and the Testimonials and Stories sections towards the end of the book if that should interest you.

Again, I give the explicit warning **If you are not prepared to go down this road and take on any and all that might come with it, then don't.** Simply wait until you are ready and skip the chapter on how to do Scans and Removals, because once you go down this road, although it may make your life much easier and happier to get rid of demons and demonic influence,

you may also be stirring the pot (similar to stirring up an angry hornet's nest) in the process.

The other side of that is that if you ARE up to it and the challenge, then the world DESPERATELY needs you. It will likely be a learning process that will take time and practice to learn the ins and outs of it, like anything else, but you can help yourself and potentially others to feel and be much better and hopefully also help mankind, this world, this dimension, and this reality!

16. How I Scan for Entities and Demons

I can only talk about how I do a scan, but that doesn't mean that you have to do it the same way. We all work differently and even "Sense" differently. I think the main point, if you are able to ascertain or "Sense", is to know what to look for and what questions to ask. My scanning list has gone through multiple iterations as my knowledge has grown, based on experience alone and because of the continued need to make it simplified, quick, and more efficient. I have two versions of my list, the first is listed by Being types and the second by Attachment types. I recommend using the first one, which narrows down Being types, and later, when you are more proficient, moving to the list of Attachment types. I also sometimes use both in more complicated cases, going back and forth between the two.

As far as using the list, there are many who are trained in the use of different modalities such as pendulums, dowsing rod mechanisms, muscle testing, etc. These are perfectly fine to use, although I highly recommend that the person attempting to do the scans and Removals has an innate ability to "Sense" so that they can fall back on in case there are times where there may be problems with the tool usage or when whatever they are trying to scan somehow seems to evade their tool usage. Demons and other beings can be very tricky. It is good to be able to use and have both abilities to scan - an external tool and the ability to "Sense", in the hopes that between the two, there is an increased chance that you will find what you need to. There are also ways that I will discuss later to potentially avoid the need for exact scan findings and do an overall Removal, if you are not familiar with using a tool or are still in the development and or trust stage of using your Sensing abilities.

Entity or Being-based Scan

As far as using the Beings list, it's pretty simple, you first ask or "Sense" if there is a being or beings around the person by type (a soul or a demon, for example). I go at it in pieces like this:

A soul - within, around, or attached

A demon - within, around or attached

I then make notations of any “hits” so that I can go back to it when it is time to do the actual Removals. It also provides a baseline idea of what is going on and what I will be checking for later when doing the Removals, knowing that things can and sometimes do change or shift.

Types of Attachments

Within - I have “Within” on my list, but it’s not something I typically find. There are definitely people who feel that they have something “Within.” Oftentimes, I find that a soul or demon around them is feeding into the person so that they feel that it is coming from within them. I still have it on my list even though it never or rarely pulls up for me, with the understanding that I am still evolving and that my knowledge and experience are evolving. I am open to the possibility that someday I might actually run into situations where there might actually be something “Within,” which would commonly be referred to as a possession. But as of yet, it’s not something that typically registers on my radar.

Around - “Around” pulls up quite frequently because it is not uncommon for both objects and places to have demons attached on their own, especially if the requester or another household member has attachments. It also pulls up if the person that you are scanning doesn’t have direct attachments on them, but are energetically sensitive (knowingly or not knowingly), and therefore they register demons attached in the immediate environment around them, which may be to objects (a list of possibilities will be provided later) or on another household member or members. I typically use the person who requests the scan as the main focal point of the scan. "Around" can therefore pull up because the requester may not be the one with the actual attachments (for example, if a mom wants a scan because she suspects that her husband or child may have attachments). In that case, it would be more likely that "Around" might pull up. If a scan pulls up as “Around,” then I go to the subcategories of “Around” (see list provided) and then try to narrow down the who, how and where they

might be attached, potentially affecting a person, place, or thing, and again making notations of everything I find.

Attached - If I pull up "Attached," then that typically means that there is a direct attachment to a person, place, or thing. I then I ask or count how many there are, up to the count of 12. After the count of 12, I simply refer to them as "quantity unknown," meaning that there are too many to count or to bother counting. I always tell people that it only takes one demon to cause problems. I would be cautious about getting crazy high numbers when you count because, in reality, is that even necessary when all it takes is one to do the job? I don't know why anyone would need extremely high numbers of demons attached because it would seem to me to be a waste of demon power and energy.

I do acknowledge that potentially larger groups of demons may exist but I try not to get caught up in larger numbers because it really makes no difference in the Removal process and it only feeds into fear as well as limitation based on quantity, both of which have no place in this work. We are meant to be able to deal with limitlessness and therefore we don't limit or think in terms of limitations. That is a human tendency, but it doesn't serve us in dealing with the supernatural world. Plus, there is always the possibility that "they" might be feeding into your finding of a large count in order to scare you or make you feel like it's an impossible, never-ending task. One must always keep in mind that these beings can project and lie with and through projection, so getting yourself clear and working to improve your accuracy will help you to be more grounded, confident, and successful in this work.

Once I find an initial hit on "Around," and then narrow it down to specifics, I then use that subcategory on "Within", "Around", "Attached", and then usually get "Attached." I then do my count and make a notation of it. I then go through the list again, starting from the beginning, to see if there are more layers, and if found, I go through the list again and again until I can find nothing. Keep in mind that between the scan and when you actually do the Removals, there can be changes, especially if there is a large time gap between the two. Why? Because these beings aren't tied down, they can be dynamic, situations can change, and sometimes there are layers that don't

pull up until you start doing Removals, peeling away the layers one by one. The whole idea of a scan is to simply get an idea of who or what in a household or situation is needing Removals.

Assessment and Scanning of Households

Anytime I do an assessment, I always do it for all members (human and animals) that are living in the same household. I do this for a couple of reasons. One, I want to see what all is going on in a person's most immediate environment. Secondly, if I get rid of some, but miss others in the household, then those others that are still remaining can jump back on and re-infest what was cleared, so it is important to try as much as possible to eliminate the entire immediate problem in a household, just like one would do with a flea or pest infestation in their home. Yes, there are demons all over this dimension, tied to multitudes of people, animals, places, and things. I still find it most beneficial to start with a person's home environment "bubble" where they live, eat, sleep, etc. so that they have a healthy home base to start with. Then, if attachments continue to occur, it can be further researched to find out if the attachments are coming from an external person, place, or thing.

Once I have my list of possible attachments in a household written down in a descending list, I always backtrack up the list in reverse, just to make sure there aren't subcategories of attachments that need to be found. I know this may sound confusing, but I'll give some examples shortly of how this works so that it is a little more clarified.

Attachment-based Scans

The second way of doing a scan, which I would consider potentially a little more advanced, is not to start with the Being types, but with the Attachment type of "Within", "Around", or "Attached". And if one of these shows up, to then narrow down the type of Being and then go into subcategories from there. For example, if "Around" pulls up, I then find out the type of Being (soul, demon) and then go into the subcategories to find out what, how, and where the attachment is located (person, car, cell phone, home, and so on). If "Attached" pulls up, I find out what (soul, demon) and then do my count.

Then I go back and start over. If I find nothing else popping up, then I go to the next person or animal in the household that is on my list.

Example Scans

An Entity or Being-based scan would go like this:

A family of 3 individuals and a dog (Jenny - Mom, Tom - Dad, Joey - Son, Pepino - Dog, and then we always add in the home space to any household scan).

The scan starts with the person who first requested the scan because by requesting in person, via email, virtually, or other means, they are established as your primary connection to the rest and are an energetic and Informational bridge to the others and the home space. This is especially true if the person is sensitive to the energy of the environment around them, though it doesn't have to be the case. In this example, the requester was Jenny.

My list for scanning would then look like this:

Jenny -

Tom (husband) -

Joey (son) -

Pepino (dog) -

Home space -

Using the Entity or Being scanning list, I would first scan for Jenny, looking first for a soul that is within, around, or attached, then for a demon that is within, around, or attached and see if I get a hit on one of them. If there is a hit on demon "Attached," the next step is to try and get a quantity up to 12 and if beyond that, to consider it quantity unknown. Then I would go back and start over with Jenny again, this time maybe I might get a hit on demons "Around." If so, then I would go to my subset of categories of "Around" and try to isolate in what regard and make a notation of that. And

then go back and scan Jenny again until nothing was found. I'd then move onto the next person on the list and go through the same.

In the instances where I pull up "Around" and it is a different person around Jenny, then I continue to dig down deeper along that thread. For example, if another person pulls up, then I first try to ascertain if it is a female or male, and then go through the family list to see who it might be (say for example it's her husband Todd). I then scan that person (Todd) for all that pulled up for him. Once he was not registering anything else, I would then go back to the original person (Jenny), scanning all categories again until nothing else showed up. Then I move onto the next person on the list (in this case Todd) and make sure nothing else pulled up with him, and then move onto the next person, and so forth, until everyone (humans and animals) in the household and finally the home space itself were all scanned. I then know what Removals are needed.

The Attachment-based scan is different and what I consider a more advanced level of scanning. I simply start off with the first person on the list and go through the categories of "Within", "Around", or "Attached". If one of these pulled up, for example "Attached", I would then check the entity possibilities (soul, demon) until one registered. I then try to find the quantity attached and then go back and check "Within", "Around", "Attached" again to see if anything else pulled up for them. If "Around" pulled up, I find out what category (soul, demon) and then move to the subcategories of "Around" to find out where or how they were "Around" and then find a quantity from there. I would continue to scan, making a note of any/all Removals needed.

An example of the situation above in this context would look like:

Jenny -

Tom (husband) -

Joey (son) -

Pepino (dog) -

Home space -

I would first scan Jenny – "Within", "Around", or "Attached"? If nothing, then Tom – "Within", "Around", or "Attached"? If nothing, then Joey – "Within", "Around", or "Attached". Bingo. Joey “Around.” Then I go through all the categories (see list provided later) to find demons. In this example, Joey has demons “Around” and then going through the subcategories I find “bed.” Then his bed “Within", "Around", or "Attached” and find "Attached". I would then find the quantity and then go back and check Joey again for "Within", "Around", or "Attached". Nothing this time. Then I move onto the dog and home space to complete my scan and compile the list for Removals.

It is not uncommon to sometimes find one person and the home space to have Attachments, other times to find the home space only as having Attachments, or sometimes to even find multiple family members and the home space with Attachments. Of course, it’s also possible to find no Attachments at all. However, if that is the case, I sometimes drill down with the person who is requesting on why and how they think they might need a Removal or Removals. Sometimes that is a way to drill down more specifically with something that might not be on the generalized list. For example, if they say that their child is having evil bad nightmares and won’t sleep in their own bed. I can then use this example to drill down a little deeper on the bed, bedroom, and sleep, as examples, in hopes of finding something that way.

My “Around” list has evolved over time to its current state, but it can be ever-growing and ever-evolving. Keep in mind that you don’t want to get caught up in the weeds with never-ending miniscule possibilities. Finding the demons in a scan is enough and if it pulls up under an object in the home, for example, the last thing I am going to do is to waste the time trying to figure out what object and where it is located. The fact that I have located the demon(s) is the key point here, and I ultimately don’t care what it is "Attached" to as long as I have the general overall idea in mind. I can then, in this example, do a count of the demons "Attached" to the unknown object in the home, and use that as my reference for the future Removal.

In doing a scan followed immediately by Removals, it is doubtful that a lot would change, but there could be deeper layers pulled up after initial layers are Removed. As such, I always go back and do a follow up scan after Removals are completed to make sure that everyone and the home space are all reading as "Clear" at that moment. If I know that my scan will have an extended period of time from when the actual Removals will be done, then I will usually not dig into specific categories or subcategories too much, but just do an overview of who and what has attachments and not dig into specifics until I actually sit down to do the Removals. The reason for this is that Attachments can shift, can leave, or sometimes run, etc. They are not obligated to stay the same as they are free beings to move about as they please.

For example, in this case where I am doing a quick general scan to follow up later, an example might look like this:

Jenny - Nothing found at this time

Todd - Nothing found at this time

Joey - Nothing found at this time

Pepino - has Attachments and needs a Removal

Home space - has Attachments and needs a Removal

Again, in this case, I did not delve into specifics, I simply used one of the two methods to more quickly get an overall view of what was going on in the household. I would dig down into specifics when doing the actual Removal process if and when I got around to it. And then I would verify at the end of the Removal process by going through the list again to make sure that everyone and the home space were then reading as Clear (meaning nothing found at this time).

Other Scanning Strategies

If for some reason I am unable to find anything with doing a scan, there are a couple of other "back door" ways that I check to see if there are

Attachments:

The first is asking “Is ____ under attack?” This blank could refer to your own self (“Am I under attack?”), it could refer to the person that is requesting the scan, it could refer to a specific individual in a household that is having issues, and so on.

The next is to check “the Energy of ____.” The blank could refer to a person, place, thing, or activity. If you are having problems sleeping, for example, and can’t find a reason or Removal needed, you can start fishing around, for example, with...the energy of my bedroom, the energy of my bed, the energy of my home, the energy of my body, the energy of my sleep, etc. You would first be doing a general check to see if it registered as weak or strong. Then, you can check the energy level based on a scale of 0-10, with 0 being not good and 10 being good with no issues. If something is less than an energy of 10, I then would use that as the entry point to do some digging and to try and find out why and what was needed to resolve the issue (Is it a soul or demon, an emotional issue, or ?). I would do that step by step, attempting to help or fix the energy in whatever way was needed, until I finally reached a category of 10 out of 10.

I could also ask the question ”Is there something on their radar?” “Is there something on ____’s radar?” Or another way of asking this question is “Is there something that I am sensing?” or “Is there something that I am not sensing?” Or “Is there something that ____ is sensing?” Again, keep in mind that maybe because you or I do not sense or pick up on something doesn’t mean that the other person isn’t picking up on or sensing something. This again could be an entry point to get into the conversation. It’s a complex world and dimension with so many possibilities, so keeping an open mind would be important. And again, if they are picking up on something, but are unable to identify it, it doesn’t matter. You can intentionally treat it like any other Removal with the same Removal process.

It might be something that is transient or only around intermittently. For example, it may be that something is present at night only when they are asleep and when you are not likely to be scanning for it. So, the question might be, "Is there something 'Around' at night?" Or simply, “Is there

something 'Around' at times?" Keep in mind that any entities present might run and hide when they know that the requester is reaching out to you for a scan and possible Removal. I had one couple that would give non-verbal signals to each other when they needed to contact me for a scan, because if they said it out loud or put too much energy into it or around it, the demons would run and hide and I would come up empty during my scan. The other trick might be to try your scan at random times, if possible, to see if you might catch something off guard that is playing hide and seek to avoid detection.

When all else fails, I sometime ask if there is "A Presence" "Within", "Around", "Attached", at night, and so on. Sometimes this will register, and because we may not know or be aware of all of the possibilities out there in the Universe, sometimes this is a last-ditch question that helps me to find something needing to be Removed. And while I may not be able to define this "Presence," I can still treat it the same way that I would any other entity or energy with the same Removal process.

17. Removal Categories – Entity Based

This is the working list that I use for my scanning. I first go through the main categories that are Entity Based (soul, demon) to get a "hit" on the category. If that registers, I then search for the subcategory (Within, Around, Attached), and then on to further subcategories as needed.

Soul - in body, dead but not passed over, or passed over

Within / Around / Attached

Demon (s)

"Within"

"Around" – person, car, cell phone, home, bedroom, other room, bed, object associated with bed, ENERGY, a soul, your soul, another's soul, susceptibility, susceptibility of ___, a process, an activity, object in home, unknown location, known location, computer, electronics, attached to ____ , pet, body part, body, organ, symptoms, thoughts and emotions, stress, between self and another, family, through another person, ancestral line, land, something on the land, Master Self, Ascended Master Self, chakra, inner child, family, pain, injury, illness, disease, condition, sleep, accidents, bad luck, mishaps, business, work, money, sex, love, over-sympathetic, food, sexual, addictions, blockage, blocking you, blocking me, interference, genetic self, light-being self, light-worker self, unknown location, unknown person, unknown source, directed through another source, sabotaging with or through another person, with or through an energy connection with another person or place, Removals.

If ENERGY shows up, then run through list again regarding Energy of _____.

"Attached"

Other possibilities to check:

Demons hidden/hidden demons

Demons around that I can’t sense

Demons blocking me or attempting to block me

Single demon projecting

Multiple demons projecting

18. Removal Categories – Attachment Based

This is the other working list that I use for my scanning. I go through the main categories that are Attachment Based (Within, Around, Attached), in order to get a "hit" on the category and then the subcategory, if applicable. While I mostly use this list now, I will sometimes use both lists if I am not finding anything on this one, just to check it from a different angle. I do sometimes find Attachments that way.

Within / Around / Attached

Soul(s)

Demon(s)

"Around" – person, car, cell phone, home, bedroom, other room, bed, object associated with bed, ENERGY, a soul, your soul, another's soul, susceptibility, susceptibility of ___, a process, an activity, mission, object in home, unknown location, known location, computer, electronics, attached to ____ , pet, body part, body, organ, symptoms, thoughts and emotions, stress, between self and another, family, through another person, ancestral line, land, something on the land, property, Master Self, Ascended Master Self, multi-dimensional self, other dimensional self, karmic self, Astral self, ancient self, lifelong self, chakra, meridian(s), inner child, family, pain, injury, illness, disease, condition, genetic, sleep, accidents, bad luck, mishaps, business, work, money, sex, love, over-sympathetic, food, sexual, addictions, blockage, blocking you, blocking me, interference, genetic self, light-being self, light-worker self, unknown location, unknown person, unknown source, directed through another source, sabotaging with or through another person, with or through an energy connection with another person or place, Removals.

If ENERGY shows up, then run through list again regarding Energy of _____.

Other possibilities to check:

Demons hidden/hidden demons

Demons around that I can’t sense

Demons blocking me or attempting to block me

Single demon projecting

Multiple demons projecting

19. Scanning Categories Deep Dive

Soul - in body, dead but not passed over, or passed over

"Within"

"Around"

"Attached"

When doing a scan for a Removal, one of the first things I scan for is whether or not there is a soul "Around" or "Attached" to a person, place, or thing. Sometimes what a person has going on with them is due to a soul, which refers to a person that has died but for whatever reason, has not passed on to the “other side.” Thus, the soul retains all of their human emotions, human baggage, and human energy. Once a soul has passed over to the Collective Source or Consciousness, God, or Heaven as some might call it, they do retain the memory aspects of their lifetime here on earth, but they let go of the emotional issues associated with it. In other words, they rise back to their Higher Consciousness state, taking with them lessons learned, but having shed the human ego and the human issues along with it. It is in this instance that we then can have souls from the other side that lovingly check in on us, assist and guide us, and act like beacons of Light on our behalf.

However, back to the souls that haven’t passed on to “the other side,” these souls still retain their human issues and identities and are then capable of causing havoc, sometimes intentionally and sometimes not, on humans who are sensitive enough to them. Oftentimes this shows up as the “sensitive person” feeling and or experiencing through the eyes of the deceased soul and not understanding what is going on with them.

One of the first lessons I learned when becoming aware of my sensitivity to energy and other beings (alive or not) was to ask the question, “Is this me? Is this mine?” I was flooded at times with thoughts and emotions that didn’t always make sense to me and sometimes they were horrible thoughts that

would make me feel bad about myself. Like, “OMG... where did that come from? Why in the world would I ever think something like THAT!” It would send me into a tailspin of shame, guilt, and self-doubt about myself. I now understand that sometimes I pick up on the energy around another person or the energy directed towards that person, I sometimes pick up on family or friends from afar. Sometimes it is souls and or demons that are purposely (demon) or maybe not purposely (soul) projecting. An example of this was that I was working on a patient once, who I like very much, and inside my head, I heard the word, “Bitch!” ring out. I was instantly mortified, and confused, and then began to doubt myself and my good nature. I then explored it only to find out that it was an energy that I was picking up on from within the person’s energy field, being directed from her then-husband with whom she had a discordant relationship and would later divorce. It’s important to not always own what pops into or is sometimes put into your head. For these kinds of situations, I always tell people, again, to observe, but don’t define or own, and to use the White Board technique to replace it if there is any confusion around it. This allows one to regain their sense of self and their power with it.

When I run into a wayward Soul, I will tap into it and do Emotional Energetic Clearing work on it as I would a human, but in this case, it is typically quicker and easier to do since it is just remnant energy and not tied to a human physical third-dimensional body with muscles, neurons, a brain, etc. Once clear of whatever emotional energy is holding it back, I then assist it with passing over to the other side. In some instances, I will run into a soul that for whatever reason still does not want to pass over, sometimes due to fear of God, Source, Creator, Universe due to the life they had lived and their fear of being judged, sometimes because of anger towards God, Source, Creator, Universe for their life or their death, and so on. In this case, I typically need to have some Intentional heart-to-heart talks with these souls (in my head), explaining to them the need to pass over and to help lessen their fears, doubts, vulnerabilities, and other emotions that they might be experiencing. In the majority of instances, this works very well and I am then able to help them pass over to the “other side.”

Demon(s)

"Within"

This doesn't pull up for me, though who is to say if it might or might not in the future? I'm not convinced yet that I would know how to handle such a situation of direct possession if I should ever encounter it. I also know that sometimes people think they are possessed, but there isn't an actual demon "inside" of them as we might think of it, but often demons affecting their energy and minds so much that they feel like a "puppet" as a result and therefore think it is coming from something inside of them. I keep this category here even though I don't have experience with it, but just in case someone else might or I might in the future.

"Around"

Examples of demons "Around" are demons that are Attached to or affecting people through their home space, the land, their car, their cell phone, their bed, their bedroom, an object in their home, etc. It can also refer to a known location where a person spends a lot of their time, such as an office. It can refer to another person and or a person's energy, such as a family member or someone else close enough to affect them because of the demons attached to them. It can refer to demons feeding into thoughts and or emotions of a certain kind, feeding into illness or disease, pain, symptoms, a condition, lack of sleep, etc., and either creating the problem, simply feeding off of and making a problem worse, or creating and making the problem worse. It can also pull up as affecting the relationship between two people, causing discord, chaos, stress, and strife. It can be tied to issues of bad luck, mishaps, accidents, and injuries. These are just some of the many examples of where and how demons can affect us indirectly through others and through other places and things.

Therefore, when I pull up demons "Around," it opens up a whole bunch of possibilities to search and it typically refers to the person's energy field and or the person being affected indirectly, though it may feel like a direct effect.

Here is a more specific breakdown of "Around" categories:

Person - This usually pulls up when I start a scan on one person and then it starts off pointing to another, such as a family member in the same household. I then switch over to that other person and do an entire scan on them first, getting all of the preliminary details, and then come back to the original person being scanned to see if they still register as having Attachments or being sensitive to Attachments around them. Sometimes the original person still does have Attachments as well, but it's not uncommon for me to find "nothing found at this time" once I go back and do a recheck. This simply means that they were simply registering the "sensing of demons Around" or were potentially being affected by demons "Around", though it may not be something that they were consciously aware of, especially since it wasn't a direct Attachment to their own self.

Car - When people pull up as having Attachments to their car, it's not uncommon for me to hear stories about ongoing mechanical issues, tickets, accidents, emotional states ("road rage"), and other such calamities related to the car and or being in the car. This can also refer to trucks, RVs, semi trucks, and other vehicles, depending on the situation of the person being scanned.

Cell phone - I've been told of mechanical issues with phones, continued dropping or even breakage of it, and there could also be emotional states tied to the phone and its usage.

Home - Generally refers to the overall home space, not particularly defining any room or object within it. This can cause general issues and problems within the home, whether it's simply affecting the emotional states of those present or causing weird or scary disturbances in the home. Sometimes it is children and animals that pick up on this first before an adult possibly catches on that something is off within the home space.

Bedroom – It is not uncommon to find this along with a person's bed. This can affect sleep or other uncomfortable disturbances.

Other room - Can be any other room in the house specifically, such as a laundry room, a bathroom, a kitchen, a home office, or a garage, as examples. I don't typically spend the time to bother finding out where exactly. Just pulling up another room, I would then quantify the

Attachments if possible and then simply do the Removal. The exact location isn't necessary. If demons have been found, a Removal can simply be done with the finding of them.

Bed - A very common place to find Attachments. I believe it's because 1) we are asleep, unconscious, and more vulnerable, and 2) if they disrupt our sleep, it also disrupts a lot of other aspects of our lives as well. This typically manifests in sleep issues (can't fall asleep, waking up too early, waking up often throughout the night, nightmares, and pains and or emotional states associated with being in bed).

Object associated with bed - Not too common, but sometimes some Attachments have been found on pillows, blankets, and other bed related objects. Again, I don't typically bother to narrow it down as it could be anything. It's not worth the wasted time and energy as it makes no difference in the long run. If demons have been identified, that is all that is needed for the next step of the Removal process, though I would still quantify the amount if possible.

ENERGY - If ENERGY shows up, then run through the entire list again looking for the "Energy of _____".

A Soul - In some very rare instances, I would run into a Soul with a demon behind it or working with it. These would typically be some very nasty Souls that hadn't passed over and could take a bit more work and energy to deal with effectively. Sometimes it would be more complicated and sometimes I would simply have to take a heavier hand energetically in dealing with them.

Your Soul - An Attachment on a much deeper level of your being and or affecting you on a much deeper level of your being which would essentially be on a Soul level.

Another's Soul - Same idea as above, just for another person. If this pulls up, then the next question is: who? Friend, Family? Or? I would try to narrow down the "whom" on this one, if possible. If it's too difficult to find, again, specifics aren't completely necessary. I can simply do a Removal

with the knowledge that demons have pulled up with the scan and proceed from there with a Removal, after having first tried to quantify them.

"Susceptibility or susceptibility of ___ or susceptibility to ___" - These don't pull up for me very often as they could fit into other categories first, but essentially, it's demons trying to make someone more susceptible to something.

A process or an activity - For example, demons interfering or trying to interfere with scanning and or doing Removals. But this can also be for any other type of process or activity.

Object in the home - Just like an object in a bedroom, this does not require you to go through any and all objects in the home. That could be quite crazy and time-consuming and in the long run, unnecessary. The curiosity isn't worth the effort behind it. Simply try to find a count of the demons and then do an Intentional Removal with that information.

Unknown location - Again, no need to dig on this one, simply find the count if possible and do the Removal.

Known location - This one I do spend a little bit of time trying to ascertain if possible. This could be a work office, a home office, or somewhere frequented by the person being scanned. If it is too difficult to narrow down, then I simply do the count if possible, and then do the Removal.

Computer - I've seen people have computer issues and or malfunctions, including email issues with attachments present.

Electronics - Any electronics in a household can be affected.

"Attached to ____" - A general category for delving deeper or more specifically if needed or if it is something that is not on the list but requires a specific identification and search.

Pet - Animals can certainly be affected by and get Attachments. I have mostly seen Attachments on higher-level animals such as dogs, cats, horses,

donkeys, etc. I have not found any Attachments on chickens, iguanas, fish, hamsters, lizards, insects, or other such lower-level animals.

Body part - This is for a larger body part area such as the pelvis, low back, mid back, neck, head, extremities, and abdomen.

Body - For the larger body as a whole.

Organ - Related to a specific, more defined body part, organ, or gland such as thyroid, brain, stomach, left knee, right index finger, etc.

Body system - A larger body system such as the endocrine system, immune system, nervous system, and digestive system, as examples.

Symptoms - Any symptoms of any kind, either creating them or taking advantage of weaknesses and making symptoms worse, or both.

Thoughts and emotions - Any emotions are possible. Anger, fear, paranoia, aggression, distrust, as examples. I use a specific emotional release type of technique as a way to reference what emotions are being manipulated. There are several emotional release type techniques available to utilize for both health care practitioners and for the average non-healthcare-trained person.

Stress - Creating or enhancing stress, or both.

Between self and another or others - Usually refers to causing discord, complications, and issues between self and another or others.

Family - Potentially affecting a family unit as a whole.

Through another person - Being affected indirectly by demons "Attached" to another person. This can be narrowed down to specifics if it is a recurrent issue or just used as a general removal at first, without looking into the specifics of exactly who.

Ancestral line - Mom’s lineage, Dad’s lineage.

Land - A possibility especially if a house or property continues to have issues.

Something on the land - Again, this can be broad, so no need to find out what exactly. Just find the demons, the count, and then do the Removal.

Property - A more generic search, but can pull up.

Master Self - Affecting one's ability to be a Master over oneself, one's own life, for example.

Ascended Master Self - Affecting and or sabotaging one's "Higher Self"

Chakra - Any of the Energy centers of the body known as Chakras.

Inner child - Tying into and or affecting through a wounded inner child's ego self.

Pain - Feeding into and or causing pain or both.

Injury - Feeding into and or creating a specific injury or the tendency towards injuries.

Illness - Feeding into and or creating a specific illness or the tendency toward illness.

Disease - Feeding into and or creating a specific disease or the tendency towards a disease.

Condition - Feeding into and or creating a specific condition or the tendency towards a condition.

Sleep - Oftentimes this pulls up under the bed category but it can also pull up on its own. Affecting sleep quality and or quantity, ability to fall asleep, ability to sleep in, ability to sleep throughout the night, nightmares, waking up and not being able to fall back asleep, as examples.

Accidents - This can be a specific accident or a tendency towards accidents in general. If related to a car, this often specifically pulls up under the car

category.

Bad luck - This relates to a specific incident or a series of ongoing bad luck episodes. This is typically the category that I find when people believe they have been “cursed or have had black magic done on them.” It is simply demons buying into the idea and concept of bad luck and the person on some level has bought into it, defining it for themselves as a curse or black magic.

Mishaps - Small, incidental accidents that seem to keep happening.

Business - Affecting a business in some way and or the success of it.

Work - Related to work issues either on the individual’s part or a larger work-related category in general.

Money - Affecting and or sabotaging money issues.

Sex - Affecting and or sabotaging sex.

Love - Affecting and or sabotaging love.

Over-sympathetic - Feeding into a person being overly sympathetic, overly sensitive, and overly aware of another person, space, or energy so much that it is disruptive to the person.

Food - Issues with food allergies, addictions, cravings, etc.

Sexual - Issues with sabotaging behaviors, addictions and or compulsions, dangerous practices, to name a few examples.

Addictions - Feeding into addictions in general, such as alcohol, gambling, drugs, and other addictions that are ultimately sabotaging a person.

Blockage - Related to a specific or general block or blockage that seems to be occurring.

Blocking you - Specifically regarding the person in question who is being scanned.

Blocking me - Specifically referencing self, the person doing the scanning.

Interference - Related to a specific or general incidents of interference in any form or any way.

Genetic self - Related to a person's genetic vulnerabilities and or genetic manifestations.

Light-Being self - Related to a person's "higher self or other dimensional self" that is here to help.

Light-Worker self - Related to a person who is trying to be of Service in some way or form for the greater good of mankind.

Unknown location - A general catch-all for simply finding demons without having to go through finding a specific location. Specific details are not necessary unless it is reoccurring and then it might be worthwhile trying to identify the source location.

Unknown person - A general catch-all for finding demons without having to narrow it down because who knows how complicated and time consuming that could be. Specific details not necessary unless it is reoccurring and then it might be worthwhile to identify the source person.

Unknown source - Same idea as above.

Directed through another source - Same idea as above.

Sabotaging with and or through another person – Affecting by working with or through another person.

Sabotaging with or through an energy connection from another person or place – Affecting by sabotaging energy running through connections with important others or places.

Removals - Refers to demons attempting to sabotage the Removal process itself.

"Attached"

"Attached" to a person, place, or thing refers to a direct Attachment of a demon to a specific person, place, or thing.

_____

Other possibilities to consider for Scanning

Single demon projecting - Projecting from a distance to either be “out of range” of scanning or to project more demons around than there are, attempting to use the projection as a decoy.

Multiple demons projecting – Same idea as above except it is more than one demon involved.

Demons hidden/Hidden demons (Scanning both ways can sometimes get a hit on one of them)

Demons around that I can’t sense

Demons blocking me or attempting to block me (from finding or detecting, Removing or Destroying)

20. My First Experiences Teaching Others to Do Removals

My original thought years ago was that I wanted to teach the entire world how to do Removals. How amazing would that be if all of mankind was able to step up and fight back against these demonic presences? I hoped that collectively we could make a shift and take back this reality that is “ours.” But then I had a couple of instances that made me rethink that thought. The first instance was a very long time ago when innocently over lunch I explained the process to a friend who asked me how I did the Removals. This person then proceeded to attempt to do Removals on their own when I was away on vacation, only to leave me with urgent, frightened voicemails saying this person was being attacked and this person was afraid for their life. This taught me to initially be careful about whom I shared this technique with because if they weren’t ready or prepared to go down this road, then they simply shouldn’t.

The second person was one of the first people who directly asked me to teach them to do Removals. I was extremely hesitant at first but with repeated requests and desperation on their part I gave in and said yes. This person became very successful at being able to do Removals for others, but there was one problem.... they couldn’t stop the attacks on their own self. This then led to overwhelm, pain, health issues, lack of sleep issues, and so much more. This person also had no direct “Sensing” of demons and had done their “scans” for demons using a pendulum as their tool. Unfortunately, the demons appeared to have disrupted their ability to use the pendulum, making it incredibly hard for this person to then be able to find them, especially when the demons were attacking them, which seemed to be ongoing and persistent. This overwhelmed this person causing great frustration, feelings of powerlessness, vulnerability, and despair. To this day, while I can help this person at times, I am unable to get this person completely under control and protected from attacks. I’m not sure what it is about this person or their situation, but it made me stop teaching others how to do Removals for quite some time. I did not want anyone else subjected similarly to this person's experiences. I also realized that not everyone has

the same capability, power, or confidence to be able to tackle demonic attachments and issues.

I later decided that for me to teach someone how to do Removals, they would need to have an inherent ability to "Sense" demons attached and or around and thus not have to completely rely on an external tool, being able to be their own tool and gauge. I look forward to doing more Energy Field Enhancement with this person, which I will discuss later.

With this in mind, I was and have been successful at teaching a handful of people how to do Removals and they have been able to do this pretty successfully. My initial recommendation to them, however, was to only do Removals when it involved their immediate selves, family, or household. This was to put it into a more defensive role as opposed to an offensive role, potentially avoiding serious Spiritual Warfare that could take place. One of my concerns and warnings to one of these people, in particular, was that this person had several small children in their household. I could hear, "Daddy, daddy," on some of our phone calls (I have not ever met this person in-person) and I warned this person that I was concerned about what attacks this might cause on his family in general, but thankfully there hasn't been any situation of demons that neither he nor I haven't been able to handle.

Even with these individuals being successful at doing Removals, my thought remained to not go back to the idea of teaching the Greater Mankind (if interested) about demons and how to do Removals on them. But with time, and the realization that this world is not getting better but worse, and with the idea that I will not be on this planet forever, I have since changed my mind and decided that for those who want to learn to do Removals, I will teach them, starting here in this book.

Keep in mind that each of the people that I taught to do Removals has changed the process a bit to suit what works best for them. They got the main idea down and then evolved it to fit with their way of doing things. Again, there is not one single way to do Removals. I worked through several iterations before finally settling on my current one. So, learn the general idea of it and then find your way of doing it if necessary. It is about Intention first and foremost and then the power and force behind that Intention.

One more time I give the explicit warning **If you are not prepared to go down this road and take on any and all that might come with it, then don't.** Simply wait until you are ready and skip the chapter on how to do Removals, because once you go down this road, while it may make your life much easier and happier to get rid of demons and demonic influence, you may also be stirring the pot (similar to stirring up an angry hornet's nest) in the process.

_____

The other side of that is that if you ARE up to it and the challenge, then the world DESPERATELY needs you. It will likely be a learning process that will take time and practice to learn the ins and outs of it, like anything else, but you can help yourself and potentially others to feel and be much better and hopefully also help mankind, this world, this dimension, and this reality!

_____

So...moving on to how to do Removals....

21. The Removal Process

The Removal process and the procedures for scanning have undergone multiple iterations as I've experienced, learned, and grown over the 10+ years that I have been doing Removals.

As far as Beings go, I separate them into two main categories: souls, who are deceased humans that haven't yet passed over, and then demons. I have found this world, this dimension, and this reality to be quite complex. I understand that there may be many other potential Beings out there, but I believe that they all respond to Energy. Therefore, I believe that the Removal process should work pretty well in most cases with all of them.

Souls:

When it comes to souls (humans that have died but not yet passed over), the majority of souls pass over right away with no issues on their own. It is the natural process for them to do so. Some hang around just for a bit if necessary to check in on loved ones, for example, before passing over or because they may be in a state of shock temporarily following their death. For the complicated ones that aren't naturally passing over on their own, I typically will do Emotional Energetic Clearing Work on them (just like I would do on a human – see EmotionalEnergeticHealing.com) and then help them to pass over to the other side when they are ready. I won't go into all that here as it can be complicated for the average person to try and resolve whatever emotional ties and or issues are keeping the souls here and making them unable or unwilling to pass over. However, if you have the ability to communicate with them in whatever form, then perhaps you can use whatever tools that you have to help them resolve their issues so that they are more willing to pass over. Once they are ready and willing to pass over, I typically help them by imagining a beam of pure White Light God Energy coming down, encircling them, and then like a tractor beam, helping to lift them and take them to the other side. I envision them entering into that different, "higher level" and then that level closing up after them. I typically include the words, "I Commit You to Spirit in the name of _____ (God, Source, Creator, Universe, ____)".

Keep in mind that just as not all humans are bad or ill-intentioned, not all souls that haven't passed over are either. Unless a soul is causing problems, I don't necessarily worry about them too much unless they want or need my help with passing over. Unless a soul has a good reason for hanging around for a bit, they all need to eventually pass over and hopefully will do so on their own. Keep in mind that there are souls as well as energies that are all around us all the time, so our main concern is when they are ill-intentioned and or causing problems of any kind. That is when I would feel the need to step in to help deal with them.

Demon Removal:

One of the first things to know about doing Removals of demons (and potentially other non-human beings) is that I am not just Removing them, but actually destroying them or more specifically, calling for them to be destroyed. They are just Energy Beings. While they can cause quite a stir with the multitude of problems they can create or be party to, they are actually quite fragile. It is our fear, our lack of knowledge about them, the fact that it requires Intentional Energy to deal with them, and the fact that many people have no idea that they are being sabotaged on some level or another by these beings, that makes this a difficult situation for most to know how to deal with or to handle.

The second main thing to know about Removals is that even though I say that they are being destroyed or called to be destroyed, while I am a participant in the action, it is not My Energy doing the work. Call It what you will.... God, Source, Creator, Universe, Jesus, Great Spirit, Allah, or whatever you desire to use. I must say, however, that there is power in whatever belief system that you were brought up in originally, simply because it was instilled at a core level at such an early age. While you may no longer identify with your original belief system from when you were a child, it might not be a bad idea to at least incorporate that original belief system into the Removal process. Again, it is about Intentional Energy and the Power and Strength behind it that counts more than anything.

Doing Removals and destroying negative energies is Intentional, Focused, and Purposeful and not to be taken lightly. I make sure that I am in the right space and time for me to do it. I don't do it flippantly, egotistically, or

lightly. While I am calling on Higher Power to do the job, I am also just the participant "Channeler and Director" of that energy. And, as with all things, practice and experience make perfect, and Intentional Focus and Strength will grow as a result.

I want to reiterate that to do this, it is important to suspend any belief in the limitations of time, space, quantity, etc. This is a Stepping Up as a Spiritual Warrior with the Armor of God, Source, Creator, Universe or whatever you want to call It. You do have the Authority. This is our realm and it was provided to us. It has unfortunately been hijacked and we can all look around and see the state that the world is in and has been as a result. If you need to center, balance, pray, White Light, meditate, do Hands-on-Heart, or do anything else to help you get into your Inner Warrior State, then feel free to do so. Because once you engage in the work, you need to be Clear, Focused, and Empowered as much as possible.

The Removal Process

So, how do I do the Removals?

First of all, I close my eyes and focus and intention in my mind on the person, animal, item, or place that needs the Removal. I then imagine a big encircling sweep of White Light God Energy surrounding them several times, encompassing the person, animal, object, or place several times, and in my mind, I say,

"I take all of you and I hold you and I bind you"

(referring to any and all of the demons and or negative entities or energies that I found) and I take that up into a circling cloud of energy above the person, animal, object, or place.

I then imagine Energy from the ground up that is sweeping everything upwards and into this big energy ball above it. I then do multiple energy sweeps up with different intentions, all while holding the energy ball in place and adding to it. Some of these other intentional sweeps are

"I take any and all negative energy, any and all sabotaging energy, any and all subconscious, unconscious, non-conscious energy, any and all destructive energy, any and all hooks, claws, daggers, I cut and remove any and all cords, I take any and all demons, any and all demonic energy, and I take anything and everything (presumed to be negative)."

These are consecutive intentional energy sweeps up with each intention, sometimes adding in extra such as any and all diseases, ill health, fear, anxiety, pain, lack of sleep, or whatever other issues might be going on for the particular Removal being requested.

The next step with that whirling ball of energy is to call on the pure White Light of God, Source, Creator, Universe, or whatever you want to call It, and Imagine and Intention that White Light Energy coming down and energetically cleansing and at the same time destroying that held energy, while at the same time energetically cleansing the person, animal, object, or place that you are clearing. While doing that I intention in my mind,

"I Command You (referring to demons) to your Destruction in the name of God and _____,"

If you want to add in another name that is important to you, then feel free to do so, though it is not necessary. I personally add in "in the name of God and Jesus Christ." I do this because this is how I was raised, not because of whom and what I believe in and practice at the moment, as it was a very powerful belief for me during my formative years. If you want to add in another name for God that you use or a secondary name with it or not, that is up to you. Often times belief systems experienced when growing up are extremely powerful on very deep levels and this is what is important to harness, because Ultimate Truth is Ultimate Truth, no matter what any particular human wants to call it. This is not meant to add or to take away from anyone's belief systems and it is also therefore not for you to judge me or anyone else right or wrong. I am not here to judge or be judged. This is not about limitation in any form, including religious beliefs or expression, but Expansion into the Universal Oneness Powers That Be.

With each intention, I imagine an image of the White Light like the windshield wipers on a car, swiping on one side first, and then the other

side, back and forth several times (wipe on, wipe off), and then a final couple of columns of White Light Energy from straight above, again not just Cleansing and Clearing and Destroying any Negative Energy and Entities in the collected ball, but also encompassing the entire individual, animal, object or place being addressed.

Again, keep in mind that there are no limitations to Intentioning. I can intention a person without having ever met them or knowing what they look like, I simply imagine the silhouette of the person. I can intention a bed without knowing what and where exactly it is located or positioned, and I can intention an entire house, a school, a large property, or anything else that is needed. And I have seen results with all of the above. You can read some of the Testimonials on my Removal website – SpiritRemovalServices.com – for specific examples that show the wide range of what is possible, many of which are also included at the end of this book. I also have countless success stories that are not noted on the website or in this book.

Now, back to the Removal process. I go through each Removal on my list piece by piece and scan again after each Removal step to see that it is clear as well as to see if there is another layer or layers that pull up, before moving on to other humans, animals, objects, or places on my list.

Once done, I do a final check again by running through a complete scan to make sure that everyone and everything is currently reading as Clear.

Keep in mind that this is the way that I have settled on doing it. This doesn't have to be the final way that you do it. But it does require Intentional Energy, no matter what method you settle upon and it may be good to use this as an initial starting point before finding what may work best for you.

If you are unable to directly sense them and or take a count of them, there are some generic ways to attempt to do Removals without having to delve into specifics:

If you have a body part that is having issues and or pain and you feel that demons are or might be involved, then imagine sweeping out from that area

into a bubble outside of the area and doing the Removal process that way, specifically targeting that area for the Removals.

If you want to do a more generic Removal on yourself, another, an object, or a location in general, then simply do the Removal process without the count, drawing everything up as in the usual process, and go from there, doing the process without the specific count or sensing involved.

22. Removals Are Not Always a Straightforward Activity to Accomplish

I have had some people who request a Removal get discouraged if they don't see immediate results. While I have many people that see immediate and great results, other situations may require more work, investigation, and delving into the issue. Additional healing work may also be needed to help resolve any issues.

As I often tell people, working with demons isn't like a fast-food drive-through where you put in your order for a Removal and several minutes later you are done and on your way with exactly what you ordered and how you ordered it. For some people, yes, it is that way and for others, it isn't. As I've mentioned before, sometimes people are in complete and total fear, giving away all their power in the process, and drawing the demons in with that fear and their sense of powerlessness with it. Other times, people have gotten into emotional and addictive entanglements with demons, sometimes believing they were other beings or souls (deceased family members, historical figures from the past, spiritual guides there to help and assist, etc.) and this makes it very hard to disentangle them from their attachments. Other times, people simply don't want to "let go" and are constantly looking for demons and as the old saying goes, "seek and ye shall find." I tell people to be willing to let them go, don't keep looking for them or expecting them, and simply try to "neutrally observe," but don't get emotionally caught up in expectation or reaction. And of course, there is always the mental health issue that is a possible complicating factor. It also seems that those who are sensitive or hypersensitive can pick up on all kinds of things (energies, souls, emotional energies of others, and so on) that are potentially floating around and then be confused because they are feeling something but are unable to discern what it is, how to deal with it, and whether it is negative or not, while at the same time feeling off-balance or fear because of it.

With some people I have not had success or had incomplete success because they quit and lost faith after not getting the quick and immediate

drive-through results that they were wanting and expecting. Others have trusted me enough to continue to work with me and I have had a lot of success with many of them, sometimes having to delve into emotional and energetic issues, sometimes to help them to let go of their fear, sometimes to help them move past their addiction to attachments, and others by simply investigating more and trying different approaches. Plus, dealing with the Spirit Realm and especially demons can at times be tricky. They will try and hide, be sneaky, possibly try to change their energy signatures so they can't be read or found, and on top of that is the fact that there is still so much that we don't know about them, other beings in general, or the entire non-human realm. The Universe and this dimension are extremely complicated and there is so much that we don't know or understand. I do the best that I can, but I can never promise or guarantee anything. Anyone who does make promises of 100% Removals and protection is someone to potentially question and, if they are real, I would like to eventually meet them and find out who they are and what they do. I have yet to meet or hear of anyone who can make that promise and honestly don't know if they even exist, at least not at this point in time.

If I trust that a person is still legitimately feeling or experiencing something after Removals have been done, I will delve into the question, "Tell me exactly what you are sensing and experiencing that makes you feel like there are Attachments still present." In one instance, a person described still feeling a "Presence." With nothing showing up on my usual scans, I then searched for a "Presence" and found it registered. I then did a Removal on it and this person no longer had an issue with the feeling of being disturbed by a "Presence."

In another situation, after having done Removals, I had someone who still felt "Something" was there. They said everyone else seemed to miss it as well after having been to see many energy healers, mediums, and others, regarding this issue. I asked them to describe to me what they were still feeling. They explained it as "being prodded, poked, or touched" by something. I then did a scan based on that -"Is this person being prodded" - and found demons attached. I then did Removals and their issue was finally able to be resolved.

Again, it can take some clever and thoughtful research, delving into, and experimenting with ongoing issues. Why are some of these Beings and Energies able to avoid being scanned and found? I don't know. But identifying specific feelings and or symptoms can sometimes provide a backdoor entry point to not only be able to finally find them, but to then being able to Remove them.

23. Anti-Demon Intentional Work

The most common question that I have been asked over the years, after the ‘why me’ question, is “How do I stop these attacks? How do I get them to LEAVE ME ALONE?” Unfortunately, I always had to answer that I did not know of anyone or anything that could keep them away completely. I’ve had many people come to me over the years, too many to count, saying they had bought this or that or had been promised this or that in regards to keeping demons away and nothing had worked. I hoped that one day I would figure it out, but as I said previously, nothing I learned came from a manual. I simply was learning day by day, experience by experience, and at that point, I still knew of nothing that could be done to keep them away or to decrease attacks.

Then in September of 2022, I had a thought drop into my head. Literally. I had already been doing work with cold lasers for years (an FDA-approved device to increase circulation and promote healing among other things) in my role as an alternative healthcare practitioner. Then the thought dropped into my head, what if I could Intention a person’s energy field to be stronger and more resistant to external demonic attacks and Attachments? Lasers are powerfully focused light energy. Intentional work can be powerful Intentioned Energy. Putting them together creates focused, laser-sharp, enhanced Intentional Energy. I first tested for a strong indicator muscle (using muscle testing) and then tested the person's energy field with the muscle testing statement, "You with, involving, and or against any and all demons and or demonic energy.” The muscle would typically then go weak, in other words, their energy field was not able to hold up against demonic attack and or energy. I then put the laser together with the Intention and repeatedly made the statement and tested the indicator muscle until the muscle went strong. I did this through different layers of defense mechanisms (of which I go through several) to make sure I got as many layers and levels of their being as possible. If doing this remotely or virtually, I would do the same process using my own manual muscle testing or until I felt it take hold, proceeding through multiple layers of defense mechanisms again, to ultimately get to all layers and all levels of a person’s energy field.

I found this process to be very successful against direct demonic attacks and Attachments, though one can still get affected by demons "Around," especially if the person is sensitive to energy. But I am now having success with working with that intention as well, after always being asked about how to protect one's home space, one's car, and so on. I always stated that while you could maintain your own energy, how do you possibly maintain an external energy 24/7 (meaning 24 hours a day and 7 days per week)? My Intentional work with that is based on expanding one's energy field to encompass a larger area and with that external objects and or locations which then become included in the person's Energy Field Enhancement against demons and or demonic energy.

My experience is that once I have done the Energy Field Enhancement against Demons and or Demonic Energy Work, I no longer find direct Attachments happening to those individuals. If there are on occasion continued Attachments that show up, it is simply because a deeper layer of weakness has been pulled up that then needs to be Energetically and Intentionally handled and dealt with to once again bring the individual back to a state of enhanced protection.

How do I best explain the Intentional Work? The best way I can describe it is the way I described it to a fifteen-year-old whose mother brought him in to see me. What I told him was this: "Your energy field is like a big plastic bubble that is all around you and you are within this bubble. The Intentional Work is like me attaching a hose to your energy field and infusing it with this Intentional Energy so that the bubble gets filled up and expands even bigger and then you are immersed in this Energy, now able to develop and grow into and with this Energy all around you."

This Intentional work can be done in person and has been verified to work remotely and virtually as well.

I won't get into the details of the Intentional Work process here, but I am open to eventually working with other practitioners on the Anti-Demon Intentional Energy Enhancement techniques that I have been gifted with knowing how to do. It would be amazing for me to eventually see as many people protected on this planet as possible and have another route to decreasing the demonic influence of this realm.

24. We as Humans are Meant to be MORE Than We Are

I often think about the hundreds of thousands of years that mankind has been on this planet. We have evolved technologically so much that it is mind-boggling. We have put men on the moon and made tremendous advances in medicine and the treatment of diseases, including surgeries that would have been inconceivable just a hundred years ago. We fly on airplanes, we drive in cars that get progressively more complex each year, and we use cell phones as mini-computers that can do all sorts of amazing things. It seems like mankind's ability to grow and evolve technologically, scientifically, etc. has no limits.

But where has mankind not evolved so much? Energetically and Spiritually. We are still dealing with lower vibrational energies that dominate mankind, causing wars, racism, sexism, nationalism, hate, jealousy, selfishness, fear, suppression, greed, and chaos on every level. Mankind should be more evolved Spiritually and Energetically. Two thousand years ago, in the Bible, Jesus Christ said that," we would do greater things and more." But two thousand years later, I look around and I see no change. I see no one doing the same as those examples, much less more. There still exists the same large-scale and petty human nonsense that has been going on since the beginning of time. Mankind has evolved outside of himself, but not within himself, and therefore not with each other, not with the global community at large, and not with God, Source, Creator, Universe, or whatever you want to call It.

I do believe that demons play a huge role in this suppression of mankind, with their sabotage of those who are in dark places, as well as their sabotage of those looking to advance and become and be "More." It is way beyond time for mankind to step up and become all that it can be, all that it was meant to be, and all that we need him, her, it, or they to be. Otherwise, with this continued demonic influence and sabotage, mankind is on a sure path to destruction, if not directly by our own doing, then by the very destruction of the planet that we live on.

I look around and I see so much hate, anger, fear, jealousy, greed, prejudice, hypocrisy, etc. I see people who are supposed to be God-fearing, regardless of their belief system and religion, still living in old paradigms because they allow everything else to evolve around them, but do not allow themselves to evolve nor allow their understanding of God, Source, Creator, Universe to evolve. They are still stuck in old teachings based on the understandings of those old times and they do not seek God in the present. They worship a God of old, not realizing that they can become More and in doing so connect with God and God's Energy of now in new ways, and with that be better prepared to help heal themselves, others, mankind, and this planet.

The question is what will it take for mankind to make this leap of consciousness and with it the Energetic and Spiritual evolution that is part of our birthright?

My goal is to help rid this world, reality, and dimension of demons and with that, to hopefully help mankind overall to Energetically increase and grow, making mankind less susceptible to demons and their sabotage and negative influencing, thus helping to allow mankind to become the more Elevated Beings that we were meant to be.

25. The Ultimate Goal

The Ultimate Goal, in my mind, is for mankind to evolve and with that, to no longer have hatred, anger, and fear of others, but to see each other on this planet as one common human race of Children under God, regardless of religion, nationality, skin color, sexuality, gender identity, education, socioeconomic status, and so on. To essentially see each other as the Souls that we all are, living in harmony with and for each other, and getting rid of any major inequalities that separate and divide us. Essentially helping each other out so that we can all be in abundance, we can all have our basic needs met, and we can all be freer of the lower vibrational energies and issues that have plagued mankind and kept him down for what seems like forever.

Is it hard to "Imagine" as John Lennon put it? I think that based on the reality that we live in currently, yes. Mankind has evolved in so many ways technologically, scientifically, medically, etc. as I have stated, but the base nature and mentality of mankind has not evolved. Our understanding and connection with God, Source, Creator, Universe has not evolved either. Mankind's base nature, instincts and impulses, and the basic lower energy tendencies with that are no better than the way they were thousands and thousands of years ago. Social constructs and laws may have seemed to improve things, but when push comes to shove and the truth comes out, underneath this socialization, mankind has not changed or evolved, still giving into hate, fear, judgment, selfishness, anger, aggression, prejudice, greed, and the list goes on. Horrific events and atrocities are still being committed every single day across this planet - being done in the name of religion, politics, nationalism, fear, prejudice, greed, hoarding of resources, etc.

Mankind is not and has not evolved from his base nature and is potentially doomed to repeat the same mistakes that have occurred over the millenniums. But this time, not only does mankind have to worry about killing each other, but now has to also worry about the killing of this planet. Essentially, mankind is on a doomsday course because he simply "doesn't get it." Mankind has yet to learn the big lessons in life, those which are

even taught by many of the larger religions of the world, and instead mankind picks and chooses from these religions for whatever suits his or her advantage, his or her hatred, his or her anger, his or her greed, and his or her selfish wants, needs, and behaviors, thereby using these religions for negativity rather than positivity. I'm surprised sometimes that mankind has made it this far. I'm curious to see during my lifetime just where mankind will end up, but I hope to help make a Consciousness and Energy shift of mankind as a whole, along with my other fellow Light Beings and Light Workers here on the planet.

What do I think could help this process? 1) The realization that we are all souls on this planet, no one any better or worse than another, 2) That there is a Higher Power wanting and needing us to evolve and Become More, 3) Teaching everyone to be aware of demons, but not to be afraid of and therefore powerless with them, and therefore be more conscientious of when demons are working with, through, or against them or others, 4) Teaching everyone who wants to know how to do Removals to do them, and 5) To help mankind to energetically become More through Energy Intention Techniques and other healing practices.

With Consciousness Evolution by mankind as a whole, we could learn to live in peace, to take care of one another as well as our own selves, and ultimately love one another, mankind as a whole, and the planet that we live on.

26. Most Common Questions I Get Asked

1. Why me?

It’s really hard to say why anyone gets Attachments. As I’ve said before, I’ve found people in a "dark place” with them. I’ve also found people trying to Rise Up and Become More to also have them. Ultimately the demons' job is to keep mankind down, to sabotage, and to encourage mankind to destroy itself, each other, and the human species in general. If it has to help mankind destroy the planet as well in order to accomplish this task, then that works too. It already sometimes feels like Hell on Earth. It can certainly get worse.

2. Can I get rid of them forever?

As I have said before, everyone’s susceptibility is different. I have done Removals and then seen that a person has no further issues or no further issues for some time after that. I’ve also seen people with non-stop issues. In the past, I would have said that if you have problems with recurrent Attachments, then I knew of no one or nothing that could ultimately stop them. I no longer believe that. I believe the Intentional Anti-Demon Energy Field Enhancement can offer help in that regard.

3. Can you get rid of them forever?

With the Intentional Work that was “Given to me,” from Above, I have found it possible to decrease and or stop direct Attachments considerably. It is the only thing that I have found to be able to do that. Does it stop demons “Around?” Not necessarily, but there is also Intentional Work that can be done to help that out as well. With having done the Intentional Work for over a year now, there are occasions where Attachments have still happened, but they revealed a deeper level of weakness and or they were under Emotional or Energetic layers that needed to be dealt with. With Removals done, Emotional Energetic work done, and then the Intentional Work reset at the deepest levels, I have found the Energetic Resistance able to be reset.

4. Is there something I can do to help protect against them?

On a personal level, as I've discussed before, I believe that Hands-on-Heart and White Lighting can help. The best thing to do is to learn how to scan if you are Sensitive, and if not, then at least practice and learn how to do the Intentional Removals as outlined in general. And of course, if you can, get some Intentional Work done to Enhance your energy field against Attachments as well as any other healing work to Enhance your Being overall.

27. Patient and Client Stories and Testimonials from my Website

Soul "Attached" story:

I had someone come in for an in-person appointment with me and they had been crying non-stop for three days and couldn't understand why. We found a soul attached to this person and this soul was grieving over her death and over having had to leave loved ones behind. I worked on the soul to help it process its emotions and was able then to help pass the soul over to the other side. At our next appointment, I asked how the person was doing and they said the grief had immediately stopped and that it was the strangest experience in the world for them, the way that it had affected them so deeply, but then had gone away just as quickly as if it had never even happened.

Soul "Attached" story:

I had a person come in for an in-person appointment and this person was visibly upset. They had gone out to lunch with a friend that they hadn't hung out with in years, only to find out that this friend would soon be leaving and moving to another state. This person was in a state of emotional grief and regret over having missed out on multiple opportunities with this friendship. This person started thinking that they had all of their priorities in the wrong place and needed to change their life. They considered quitting their job as a Business Executive, selling their home, and doing all the things in life that they felt that they had missed out on. I found a soul attached that had deep regrets about the life that it had lived. I did emotional work on the soul and then helped it to pass over. The next time I saw this person, I asked them how they were doing. They told me that their feelings had shifted immediately and that they were dumbfounded by their previous thought process. How and why in the world would they ever give up their job, sell their home, move away, etc.? It seemed preposterous to them. On top of that, they had had lunch with the same friend again before they moved and had come to realizations about the friend and the friendship,

which then simply clarified for them why they had not spent more time with this friend over the previous years. But for a short period of time, they had been influenced by the thoughts and emotions of the soul that was hanging around and attached to them.

Soul "Around" story:

Years ago, I had a friend who had a toddler and I was contacted because the baby was terrified to be left alone in her crib, especially at night, and would cry and cry. This was unusual for the parent because the child was not typically terrified and hadn't been, and this was not a typical state for the child. While doing a scan, I found a soul around that had been a mother when she was alive. She felt that this baby needed mothering, though the baby obviously wasn't having any part of it. I then did emotional work on the soul, helped it to pass over, and the problem stopped. There were no more issues with the child being in the crib alone, with sleeping, or with anything else that had temporarily been out of the ordinary.

Soul "Around" Story:

I have a person that I sometimes see in person and also do virtual work with at times. This person was on vacation with their family in what should have been a paradise for them. Instead, they contacted me with feelings of intense fear and anxiety that was "not something that I've ever known or experienced," and felt like the closest thing to a possible panic attack. This person felt out of their element, being confused, overwhelmed, oppressed by fear, and having some physical symptoms with it as well. This person contacted me and there was a soul around that was experiencing emotions of fear and being lost and abandoned tied to their death. Once this soul had emotional work done on it and was helped to pass over to the other side, this person then felt calm and relaxed, and was finally able to enjoy their vacation in paradise.

Demon Removal Story:

I have a virtual client that I have worked with for just over a year, doing Removals and emotional energetic work. One of the first issues that they mentioned to me was the need to remove negative entities and energies. On

our first session (done virtually by phone) it pulled up that the main attachments were to her husband and their bed. Thus, I did a lot of Removals to clear both. She also pulled up with a Removal tied to her lower back disc. Surprisingly enough, she had never mentioned her lower back as an issue to me over the phone, it had simply pulled up with scanning. She emailed me a couple of days later to let me know that she had a release in her lower back after the session and that her lower back felt better. She is generally energy "sensitive" and said that she would feel "fantastic" after our sessions (both physically and mentally) until specific times when she would sleep next to her husband. It eventually pulled up during a session (emotional work) that she was overly sympathetic/overly sensitive/overly aware of her husband and that he was vulnerable energetically, with him being overly sympathetic to demons as a cause of that. It then pulled up as Removals needed "around" him, tied to a male coworker. I then did Removals on this male coworker. She again felt "fantastic" until she again slept next to her husband. We then had another session where it pulled up that this male coworker had anger and aggression toward her husband, and that demons were overly sympathetic/overly aware of this, causing her husband to then be overwhelmed by demons as a result. I then did Removals affecting the relationship between her husband and this coworker. I didn't hear from her again until four months later when she told me that the last session "really made a difference and that the ongoing issue had dissipated quite well." I then proceeded to work on her to enhance her energy with and against demons and demonic energy to help as a safeguard to any future issues and it has now been some time since I have heard from her, so it appears that she is doing well.

Demon Removal Story:

I had a client that I had worked with in person mostly until she moved with her husband and family to another state. She set up a session with me, complaining that she had had nothing but problems with her new home, which surprisingly enough was new home construction. She said there had been flooring issues, cracks in the basement wall, yard issues, HOA issues, washing machine issues, tripping and breaking her knee, and so many other weird things, etc. She said that "every time that she turned around, there was always something." We started her virtual session and the entire session

consisted of Removals - demons attached to her home space, her bed, the land, something on the land, and then a larger group attached to the land, with an established group found behind that. I then found attachments directly on her. I also found demons tied to “bad luck,” with a larger group behind that, and attachments tied to thoughts and emotions of a lack of control. After doing all of these Removals, we then did emotional work to help clear out residual emotions from this experience as well as to work to enhance her energy field with and against demons and demonic energy. She said when we were done with the session that the energy there “already felt much lighter” and that she “could breathe more easily.”

Demon Removal Testimonials:

I have been fairly diligent in the last few years to stay healthy physically and emotionally but I recently came to Mark for protection from demonic energies that were a very obvious presence in my life because I had neglected to protect myself from them. They manifested in my life in different ways. I began to experience restlessness, more than normal anxiety, nightmares, anger, problems at work, fights with my boyfriend and general "bad luck". These things were gradually getting worse and I had no idea why. I became certain I needed a removal of dark energies. I contacted Mark and yes, I was saturated with demonic energies that had attached to me. The very first night that Mark did my removal, I slept like a baby without a bad nightmare. I noticed in the following days that things were progressively getting better all around me. My home space, my mood was light and happy, colors seem "brighter", good news starting dropping in. So I referred my boyfriend to Mark for a removal. Although, I'll let my boyfriend share his own experience, I can say that I saw an incredible change with him on the very first day. Our relationship is better than it has ever been and my boyfriend also discovered the benefits of childhood emotional work at that time. I encourage couples to this together. Thank you Mark for sharing your gift with us and the world. Thank you for not only doing the Removals, but encouraging me and suggesting ways to prevent future unwanted attachments. With gratitude,

L.R., United Kingdom

I was working with a functional medicine practitioner regarding a lingering illness. During my visit, she asked if I thought I may have some attachments that could be affecting my health. I did not feel I was affected by attachments but I told her I was willing to investigate further. She provided me with Mark's contact information and I contacted him that night. He responded immediately with an assessment. I live on acreage and shared that in addition to 2 dogs, I had 10 chickens and 2 donkeys. His assessment determined there were attachments to the land, the home and one donkey that needed to be removed. I agreed to the removal which he also did very quickly. I learned the land had many demonic attachments, the home had 8 demonic attachments and the donkey had 3 demonic attachments. I was very surprised. I was confident going into the assessment that what was present was not demonic but then angered not only that they were here but attached to my sweet donkey. When I mentioned Mark's findings to my husband and that the entities have been removed, my husband said he wants to believe but is a bit skeptical...how would we really know the area was cleared. We agreed that what we have noticed over the past several months was that we had very little bird activity. Typically we are covered up with all kinds of birds but it has been eerily silent and very few birds. I suggested if we start seeing more bird activity that it could be an indicator - he agreed. Also, the donkeys are very attached to each other but also love being around the house and with us when we're outside. Also over the past several months, we rarely even see the donkeys let alone have them hang around us. We thought it was odd but attributed it to them finding more interesting places to be on the property. We didn't think much of the donkey's returning to being more social as an indicator that the attachment was real or that the removal works. But, what we both noticed the day after the removal is that the donkeys are constantly hanging around the house and come up to us every time we go outside for petting and treats...something that hadn't occurred in months. The donkey that did not have a demonic attachment is usually our more precarious donkey but before the removal, whenever they were near the home, he was the one that would come over to us. After the removal, the donkey that is typically the more docile and loving donkey but had the attachments, returned to being the lead in coming to get attention from me and my husband. We're back to the old behaviors which is wonderful! What was much more obvious the day after the removal was the bird activity. My husband left about 10 minutes before I went outside to feed

the chickens. When I stepped outside the birds were EVERYWHERE and there was so much birdsong! I literally videoed it to send to my husband and about the time I was sending it for him to see/hear, he called me to tell me how many birds he saw and heard when he left. He said as he drove down the road he anticipated to just see a flock of birds flying over the property but he saw what I did...there were flitting all over the property and not leaving. It was glorious! My husband said it is undeniable to him now that not only did we have attachments but that Mark's removal was effective. I am so grateful for Mark. His abilities are impressive and he is extremely quick to respond. His services are very reasonably priced allowing anyone who is in need to be able to get help. I highly recommend him and I plan to have him do occasional assessments just to ensure we remain attachment free!

N.H., Texas

After suffering what could only be signs of spiritual oppression for this latest year, I took up the previously futile search to find help with identifying and removing Attachments, and I found Mark's website. Initially skeptical, I decided to just go with an assessment, since it was at a great price, and only hoping to know just WHAT kind of parasites I had. As it turned out Mark identified 14 demons! Most of which leeched onto my bedroom and bed (where I spend most of my time at home, and at no time did I tell Mark that) It made total sense, as I experienced 'curse-like' misfortune, chronic fatigue and other symptoms for years, and have foolishly done things like Ouija boards in my youth that may have attracted more fiends. Thank God Mark was able to clear them out! I will seek his help again in case of re-infestation.....

A.W., North Carolina

Just wanted to let everyone know that Mark is the real deal! My 19-year-old Granddaughter had something following her for close to 10 years. The family just wanted not to believe it. We've talked about it over the years and when she told me she heard a growl, I pleaded for her to let me find someone that could help her and she finally said okay. That's when I found Mark and he found three demons attached to her. He was able to remotely clear her and her house and family of all negative energies. That was two

months ago. Now she is able to talk to me and tell me that she feels so much better and nothing has been bothering her. Her boyfriend just noticed recently that the house felt different and that the Xbox has not come on by itself (she had not told him about the removal). Her cats are now upstairs instead of hiding down the basement. She is also much nicer to her boyfriend. Please believe in Mark he has a gift and he can help with very little information. It is unbelievable but it's true.

D.O., Ohio

Mark Bans has been extremely helpful to us. My 90-year-old mother had a cruel spirit attached to her and it was becoming physical. The spirit pushed her down and she was badly bruised. Very scary. Lots of other physical things. It has been 3 months and no more attacks. The house has been quiet. What a relief!!! I was sick over the fact there was nothing I could do. A friend found Mark's website for me. I also smudged the house. I don't know how or why these things happen. All I can say is in a world of charlatans Mark worked for us.

P.B., Southern California

I am very happy with the progress I have made with you recently in doing both Demon removals and emotional energetic healing. I had originally come to get a removal, but I realized that I needed emotional healing to keep them from being attracted to me. I felt a definite difference with the removal session, but huge strides have been made since we started doing the emotional energy healing session (that also can have removals, if needed). I wasn't sleeping some nights at all when I first came to you. After the first removal session, I slept more of the night than I had for weeks. After the first emotional energy healing session, I slept all the way through the night and wasn't bothered by any dark spirits in the night. After our second EEH session, I got almost no pestering from dark spirits. It takes a few days to process the work, but I noticed after that I felt better than I had in a long time. Also, one thing you helped me with was a co-worker that had dark spirits and you have helped those to be cleared out and I think that is where I was getting a lot of dark spirits from. Since then, you clear me, my husband, and my co-worker that has been in two wars and has some really bad PTSD as well as dark spirits. The co-worker has even let us know how

much better he is feeling. My husband and I are very grateful for you and your work. I realize now that with my dysfunctional childhood and my co-worker with PTSD, I really had to do some EEH sessions to make a big and lasting change. Thanks so much for doing your work! You are a truly gifted person! Thanks again!

S.U., Northern California

Thought I'd touch base to let you know how things are going. I can't thank you enough for your work. I felt so much relief immediately after the removal, but even days later I can't believe just how much clearer I feel. I actually feel like it's "me" inside my head and body. Whatever was within me was very fearful, aggressive, and scared, punishing and intense. I've been told I've had issues with depression and OCD and while that may be true to some extent, I knew my symptoms weren't only that. After the clearing much of this has resolved and days later, I feel as if I got a piece of my soul back. I wish I found you earlier! In choosing to ascend spiritually after a traumatic reconnection then disconnection I've come to doing shadow work. The more I started to go within I guess I've actually confronted these demons, and in turn they "acted up" and that's how I knew the presence of foreign invaders. When sleeping or meditating, I would feel something come out of my chest and awaken me then being unable to move. I would get chills, hear voices, experience seizure like jerks, and perhaps the scariest one was feeling pinned down at the ankles. On the flip side, I also had experiences with benevolent guides or beings that I could tell which was which. Also in the house— I no longer hear someone randomly walking upstairs. My son's toys no longer spontaneously play or move. Wine bottles no longer fall of the rack among other things. There was a kind of stale energy that now feels more vibrant. We've decided to repaint and do some renovating after this but I just want to say that anyone who notices these things or feels them it's not just woo-woo because the difference can be felt tremendously after the clearing.

M.D., Pennsylvania

I used to suffer from cold chills for over a year even on the hottest days I would still get chills running up and down my spine and no matter what I did; like putting the heater on and covering myself with two blankets I still

felt cold and shivered. I also had a feeling of "darkness" which I couldn't shake off and at the same time had numerous entity attacks in my sleeping state which came in the form of nightmares. This led to me being sleep deprived most times or even anxious to go to sleep. I tried other healers before I encountered Mark and all of them although they felt attachments on me, were not capable of removing them and it cost me hundreds of dollars! I am so, so grateful to have come across Mark's website and wish I knew about him sooner! I found Mark to be effective and adept at what he does because after one single scan/removal he was able to identify 5 attachments on me which he removed shortly after the scan. My chills that I have had over a year disappeared! Not only that, the entity attacks in my sleep/nightmares which I have had for years and years all stopped. His services are also affordable unlike many other distant healers who charge hundred and sometimes even thousands which I have seen on certain websites! I have finally been able to sleep in peace which is a huge bonus and I feel I can rely on Mark for any future clearings if needed for myself and/or family. I highly recommend him if you have entity issues like I did!

K.J, Australia

Over a month ago I began searching for the person who could clear my home. I had used a couple of people in the past from a local community, as they announced themselves as experts in this field; and for a short time I could feel the difference, but almost immediately the home "vibes" seemed heavier than before. This time I decided to "Bing-it"; and when I did, only Mark's information came up. I thought that was odd, so I did it several more times...and only Mark's information came up. Once I contacted Mark, I tried "Binging-it" again... and pages of services were at my fingertips. I am grateful to the Universe for steering me to Mark. I have waited to write this review, as time tells all.... And, I am happy to say that my home still feels clean and light. I had a lot of negative energy around me, and my life seemed to be blocked in all directions. Once he cleared all of this, I was bombarded with good and bad events, but now I feel my life has caught up to where I should be, and I am able to move on. I, of course, always welcome my protectors to stay. Which one must be in my hallway, as one of our pooches goes in there, and dances around having fun. We and our other two pooches try to catch a peek, but everything ends before any of us can

get there. This was also going on before the clearing – which was ok as there were never any bad feelings about it. Mark has an incredible unique gift and uses it masterfully. Highly recommended.

B.C., Texas

My son suffers from bipolar disorder. When we discovered Mark our whole world changed. Mark is truly gifted and without his abilities my son would have endured much more heightened pain. I have contacted Mark when my son is in a dark place and his removals have been such a stabilizing force. Thank you, Mark, for literally saving my son.

S.G., North Carolina

I am a teacher and have had a rough year of issues happening at my school which have made it a physically toxic environment for me, on top of all of the emotional issues I have to deal with on a daily basis. In working with Mark, he pulled up that my school needed some serious Removal work. I have to admit, I was about 50/50 between belief and skepticism on the classroom "removals." But the difference today was amazing. I always know when I'm sick vs. healthy because when I'm sick, I don't feel energy. Normally, when I'm healthier, I feel energy running in my body throughout the day, like little electrical currents. It's especially strong when I encounter really good things, i.e. words in a poem, learning something that changes me in a positive way, or when I know I am helping someone else. I think of it like my little connection to God, and I feel really sad when it is severed. I felt energy run all day today, and that is the first time in my classroom when I've felt it at all! I started here in August, so it's been a really long time to feel so stagnant. I usually smile a lot, but today it was out of genuine joy. I'm also breathing better and my eyes aren't burning as much from the toxins. I am so excited and happy. I'd been thinking about how I was going to stay and work in a "sick building" for the rest of the year and the idea that I won't be sick all year has brought me enormous relief. Thank you for the work you do!

K.B., Texas

Mark did removal for our Bernedoodle, Daisy, and it was as if a switch had been flipped. I contacted Mark because she was acting off-really off. Our happy, playful girl was acting strangely subdued and afraid of even going outside. She normally LOVES going out to chase leaves, watch for deer, or just lay on the patio or grass when it's cool. She had been acting really, really "off" for two days, so I emailed Mark. We also had weird mishaps-for example flooded kitchen due to a hose connection breaking under the sink and a couple other things. It felt like something was wrong. Mark did his check, and yes, we needed a removal. He emailed me when he had it done-and before I checked email and saw that he'd finished there was a dramatic change. She was back! Normal, happy, playing not fearful of things again! And when I noticed her change it was a perfect match up time wise to when Mark said he had been able to do it! The energy in our home feels good again. There is just no denying it was the real deal. We've needed removal services a few times in the years that we've been working with Mark and have always been able to see and feel the change in ourselves and each other. Holy cow though-with Daisy it really was a true night/day difference! So very thankful to have Mark in our lives with his amazing gift.

D.S., Texas

Prior to having Mark assist my dad with a Removal, he was very angry and hostile a good deal of the time, just downright mean-spirited. He seemed to take pleasure in making the rest of the family miserable. He also had more physical symptoms and seemed to be feeling poorly in general. Post Removal, my dad became cheerful and pleasant! He interacted with the family like a normal person. He also seemed to display fewer physical symptoms as well. I should note - we DID NOT tell him that a removal was done or anything else. The difference was SO dramatic and immediate. We've also seen very dramatic changes in the rest of the family after having Mark do Removals as needed.

D.S., Texas

Something began physically touching me. Over a period of approximately 2 weeks it became more intense. I could feel something cold slithering around inside of my body and it felt like something at times was squeezing me to the

point of pain. I could feel actual fingers touching me. I became scared and contacted Mark. The same day Mark got back to me and I asked him to do an assessment of my house. He indicated there were two entities in the building I was living in. I asked him to remove those entities and when Mark got back to me and said there were three more demons hiding that he found and removed. I noticed a definite decrease in activity, but something was still here. I told Mark about it and he scanned again and found three more entities and removed those. It was at that point I finally had a peaceful night's sleep. Two nights later something was back, and this time it was more aggressive with me. I could feel its fingernails/claws and bony fingers - it was a horrible sensation. Once again Mark scanned and found two more entities attached to me. Mark cleared those as well and I have not been bothered since. I was skeptical and desperate, but whatever Mark did, it worked!

C.H., Alabama

My bf and I had been dealing with very odd experiences in our new apartment. It's a brand new building, but we kept feeling a lot of strange occurrences for the last 4-6 months. I had 3 scratch marks on my face that appeared several times. Upon Googling this, I found that it was very demonic and meant "destruction." It would disappear as quickly as it appeared. We both had crazy dreams, but my boyfriend had more of them. I had a dream where he was holding a wooden cross with the demon dragging me from the bed. He had dreams of "Indian burial ground, "1872" "freeze in hell" and "shattering glass." We both shattered picture frames, glasses, cups, wine bottles, among other things out of nowhere. Seemed like things would just fall and shatter. It got pretty bad up until I contacted Mark as a last resort. My boyfriend was possessed one day and seemed super drunk even though he had nothing to drink. He did not remember any of that day. We heard a lot of strange noises and had a couple things move in the apartment. The night that Mark removed the spirit, we both slept like a baby. I've since felt peaceful in our apartment finally. I didn't reveal anything to the bf until 3 weeks later just to be sure the negativity was gone. He told me that he hadn't experiences anything crazy lately. Our relationship is definitely better now upon Mark removing the demon. It's like the demon was driving us crazy to get us out of there or make us leave.

He said it was only attached to our apartment and only found one of them. I definitely recommend Mark to anyone that is dealing with any spirits or demons and hope to try his other services soon in the future.

A.C., Texas

About a year ago, my wife and I encountered something in our home. After a while, we finally decided to contact someone, and found Mark, who was able to provide us with help. We had never spoken to him before and didn't provide any personal information other than my first name, yet he provided info that he picked up from the spirit about our personal lives that proved to us that he knew what he was doing and that this was very real. He explained what was going on, how it happened, and other information about the situation. He was able to remove the spirit that had attached to our home successfully. Recently, we had another spirit attach to our home. After contacting Mark again, he was able to remove it just like before in a timely manner. However, after this one was removed, we still felt like there was something in the house - just an odd feeling we had. Mark again checked our home and found 4 more had attached immediately following the initial removal. Mark was able to remove all 4 without a problem. In addition, Mark performed multiple "scans" of our home following this to ensure our home was indeed clear and everything was okay, which it ultimately was. One of the best things about working with Mark, other than the success and effectiveness of his removals, is his communication. He is timely and helpful with everything. He communicates with you about more than just the removal itself - what is happening, who the spirit was when alive, what could be causing these attachments, how to regulate and manage your emotions, how to protect yourself as best as possible, etc. Mark is more concerned about making sure the job is done thoroughly and correctly rather than doing it hastily. I am very thankful we were able to work with Mark during these occurrences.

C., North Carolina

I consulted Mark after suffering debilitating fatigue, sleep paralysis, depression, and anger for over 10 years. I changed my diet, exercised, prayed & nothing changed. I did it all & I never got better. My quality of life as a 31-year-old was poor. I am a medical doctor and spent years

looking for a biological cause. Blood work, MCAT's, CT Scans, etc. I finally decided that I had to be under some sort of spiritual attack. Within one day of working with Mark, I felt like a new person. He was even able to describe to me my "energy" that I had lingering around that I had never even discussed with anyone! He removed many "not so nice" parasites that had been feasting on me for years. Now that I have been cleared, it is easy to detect when there is an energy in my field that shouldn't be there. I know when I am under attack. I consult Mark & almost immediately the feelings of heaviness are gone. Trust me when I say that science is not the answer to everything and going to church and sleeping with a holy book does not keep these Uglies away! There is a spiritual world and you can live a life with morals and love & stiff suffer attack. I highly recommend Mark. He saved my life. I was on the verge of ending my career. Thank God the universe directed me to his path.

P.S., Tennessee

I have been dealing with some strange experiences for a while and I've been wondering about entities, which is not something I feel that at ease thinking about, but when I saw Mark's website I felt very comfortable. I'm not sure I understand exactly what they are, or how Mark does what he does but I noticed a difference after he did a clearing on me. I've been struggling with an illness, but I noticed that every afternoon I'd get a very strange, scary sensation of an energy entering into me, moving around in my body, and entering into my head and I would get very foggy and unable to communicate. I had been attributing it to an illness but after a meditation retreat, I was more aware that it was something entering my energy field and feeding off of it, at least that's how it felt and it was really awful. Mark did a clearing on me and not only did I feel safer, more myself, and able to connect with healing and love, but that awful energy that was visiting me every day stopped coming. I really encourage anyone who's unsure about trying it to go for it, I felt really safe with Mark and whatever he did worked. I can say it gave me hope and made a noticeable difference. It came at the beginning of a shift into joyful, deeper healing for me, and clearing away the harmful energies opened me up to that - a process that I now feel grateful and honored to be a part of. I'm so grateful to you Mark, thank you.

M.B., Alberta, Canada

My daughter is now age 8. At age 3 she began having mystery illnesses such as terrible tummy aches, night terrors, and severe behavioral issues – quite out of the blue. She was a homebirth, unvaccinated and no major life change could be attributed to the behavior. Over the years, her outbursts increased in frequency and intensity. We have had the following diagnosis suggested from a variety of "professionals": Autism Spectrum (Aspergers), ODD (Oppositional Defiant Disorder), Sensory Processing Disorder, ADHD, and the most insulting diagnosis – really poor parenting/discipline. She would go from a happy, giggling child to a rage filled animal ready hurt anyone within reach. She had more self pity than any child I have ever seen. She hit herself and others, often completely unprovoked. At age 4 was the first time that I took her to a healer who suggested the child had "evil spirits". As she got older, the fits grew worse, and she grew stronger. Over the last 5 years I have had half a dozen healers, shamans, energy workers, and "seers" attempt to help my daughter without success (as well as pediatricians). One day, a healer we were working with recommended Mark (as she too, kept feeling Evil Spirits were involved). When she gave me his website www.SpiritRemovalServices.com , I laughed and cried at the same time. Here we go again. But she's my child. And she's hurting. And we are all hurting. So I sent him an email. I'll tell you what, I got my girl back. Mark was able to identify specific things about our life that I have never shared with him, but more importantly I can see a physical change in my child within 15 minutes of receiving a "distance treatment". I have sent emergency emails whilst we were in the throes of her screaming and punching in terror and rage, and she will go from 100 to 0. Sobbing, hugging me, apologizing, loving, as soon as the treatment is complete. She is a healthy, happy, friendly little girl that has been tortured in some unimaginable way. But when they are gone, she is clear and bright and happy. We still acquire the "Big Bad Uglies" from time to time. We are all learning to shield and protect ourselves. But I am confident that Mark is saving our lives, our sanity, our family. I can't explain what's going on, why they pick on us, or what Mark does to make it stop, but I know it works. It brings peace to my family. It lets the love in. It makes everything easier. And on a more practical note, it's the least money I've spent on a "spirit removal professional" and he is by far the most effective. I can't imagine

what would have happened if we hadn't met him and we had started medicating her instead. It terrifies me and breaks my heart to think of how many other mothers could be suffering too.

A's grateful Mom, Texas

My daughter has been suffering from depression. Because of her many attempts at self-harm, she has been hospitalized for almost two years. Her various therapists have not been able to assist in her recovery, nor have any of the medications she's been on alleviated her condition. Mark noted that there was dark energy around her. He did a clearing to remove what he saw to be 50 demons around her. Two weeks after this clearing her therapist announced a remarkable change in her attitude and ability to stay safe. They even lessened her medication.

B.A., Texas

I have been under spiritual attack for the past 4 years. Not knowing what was happening I sought help from various "healers." I did get some relief but no one could actually "fix" my situation. I had no quality of life, I was literally being sucked dry. Finally one day one of the healers who I'd been working with for some time referred me to Mark. I sent the initial contact email and expected a response within a couple of days. To my amazement, he literally responded within five minutes! He advised me I needed a clearing. I figured this would take at least a few hours as everyone who tried to help me previously struggled with my situation. I didn't actually think that he was going to start on me immediately. However, as I was still sitting at my computer I could feel different sensations and a relief. Then, in about 30 minutes, I received an email from Mark that I was clear. All I can say is that he is truly gifted, amazing, and quick. He even went to the source of my situation (a person) and cleared them so I would be free. I haven't slept in four years. I now am sleeping like a baby. Not to be dramatic, but he literally saved my life. I was at the end of my rope. I had lost all hope of ever being "normal" again. He has even cleared my home which had become so unbearable I had to move out. Mark is so caring, understanding, and thorough. He also explained how my situation came about. Turns out I'm not crazy, this stuff is real. Thank you for giving me my life back!

J.P., Texas

Soul Removal Testimonials:

My story starts more than 15 years ago, as I have known Mark for quite a while now. When I lived in Washington DC I had my first experience that I can truly remember. Dates back 10 years ago, it was around October and I was not being myself. My parents saw it as well as my friends, I was quiet, depressed, and "turned into myself". I didn't know what was going on, I just knew something was going on. Nothing in my life had changed either. There was no reason for this depression. So I reached out to Mark to see what was going on. A few hours later he gets back to me and tells me I had a Soul hanging around me. Once he recognized this, he took care of it and the next day I was back to my normal self. Mark was able to help me from half the country away.

D.H., Virginia

One night my husband and I awoke to the radio in our bedroom turning itself on several times in the middle of the night. Each time, my husband had to get up and turn it off. We had no idea what was going on. Finally, being sensitive myself, I realized there was a Soul around that was causing the disturbance. Knowing that Mark is excellent at passing them over, but also realizing it was the middle of the night, I loudly scolded it by saying "If you don't stop that, I'm going to get Mark after you!" At that instance, the radio turned off and we did not have any other problems that night. I contacted Mark the next day, he found it, and was able to pass it over. We haven't had a problem like that since.

BRV, California

I have always believed in something greater than myself and that there is a reason for everything. There is a reason why Mark and my family crossed paths. He has done something great, through a powerful blessing given to him, by removing things that were making my son and I feel discouraged, upset, and constantly feeling like giving up. I have felt relief and a sense of calmness I haven't felt in a long time after our visit. My son has been able to communicate with me better and have peace he didn't have a few weeks

ago. I believe and hope other people can learn through Mark that there is sometimes something unseen hindering your happiness.

T.O., Texas

I felt immediately comfortable and familiar with Mark when we met at a Meet Up Spiritual Group Meeting; that comfort allowed me to open up to strangers, like I have never done before. I opened up how everything in my life seemed upside down and I seemed to have nothing but bad luck after bad luck. Mark was able to use his gifts to go into my energy realm and find a bad deed doer/Soul that had been creating chaos in all areas of my life for several years. He narrowed it down very quickly and between what I knew psychically and his expertise "The guy (Soul) didn't have a chance about being discovered." The removal was intense and took several weeks before I realized it was over. I can say that my life changed for the better the moment I walked into that room, with the feeling I needed to ask for help and with feeling so comfortable with Mark immediately. I'm a professional psychic and have experienced Mark's gifts; they are very focused, cleansing and real. When you meet and experience what he provides, you will understand you are in the presence of a very gifted person.

B.P., Texas

I was feeling odd, fragmented, and definitely not grounded. Mark found that there was a female soul hanging around because she liked me and my energy. Mark removed the soul and passed her over. I felt great and back to my old self again after that.

E.S., Texas

I've worked with a few healers before in entity removal and felt that I was mostly clear but one session with Mark helped me shift some spirits that had been with me for so long, they had become part of my inner dialogue. His clearing shifted them on and I am enjoying a greater peace thanks to his gift. Thank you Mark!

K.B., Texas

In early 2014 I had performed an energy healing on a client who was suffering from multiple entity attachments. Subsequently, I had become hooked by one of the entities after the session which was quite unusual. I became very depressed and the entity began causing problems in my everyday life. I could feel it trying to take over my psyche as the days went on. I was utterly drained of my own energies. I arrived at Mark's at precisely 3:33pm on a Wednesday. After a brief introduction, we went to work. Mark was quickly ably to identify and communicate with the entity. I found out that the client I had worked on intentionally sent this dark entity to me in hopes to disable me from my work. It was only a few moments before I sensed the entity leave me and I immediately began to feel like myself again. Since that day, I have not had any issues of entity attachment because he also helped me heal the source in which the entity was able to hook itself. Mark's work was incredibly fast and effective. I am beyond grateful for having sought out his work. Mark is truly an amazing healer and would highly recommend all that he does.

J.P., Texas

For a couple of years things were not working well in my life and I was constantly feeling exhausted and depressed, something I had never experienced before as I've always been an upbeat person. I had tried different things and nothing seemed to work. After I started doing sessions with Mark he found there was a soul who had been attached to me for all that time and released it. Since then it feels like a weight has been taken off my shoulders and I have been progressively feeling better going back to my old self.

J.A., Texas

I came for a session with Mark not long ago where I was in a funk, but not sure why. He was quickly able to determine that I had a soul attached, in this case a young woman who had gone through some horrific physical abuse. He carefully helped her leave my space. I immediately felt my thinking clear, and that an emotional burden had been lifted. Equally impressive to me was that Mark treated this attached soul with as much care and respect as he has always treated me.

A.R., Texas

I've been really sensitive and empathetic my entire life which is why spiritual energy always gets attached to me. Whenever I feel something around, draining my energy, causing self-sabotage, and basically wreaking havoc on my physical and psychological life, I only have one person to contact- for not only help- but for a solution. That is Mark. I am very certain to say he has saved my life a few times from dark energies trying to take me down a darker and more destructive path. Now, after our Emotional Energetic Clearing Sessions (which are VERY simple and fascinating) I am living a life that is only influenced by me and nothing attached to me. It's liberating, amazing, and the way life should be. Thank you so much Mark!

A.L., New York City

I've been working with Mark for a few months now. I've never felt more "hooked" in, for lack of a better description - I feel clear and am able to make connections that I wasn't able to make before and I am trusting myself more. The other day I had an unusual thing show up, and it was great to have Mark to turn to. What happened was that I started crying for really no reason at all. I wept off and on for about a day and felt very out of sorts. Fortunately, I had a session with Mark the next day. He found a grieving soul attached to me and with a bit of effort, he was able to remove it. I'm happy to say that I woke up the next day happy and felt like myself again. Mark is a fantastic resource and support to have in a complex world! Thank you!

C.K., Texas

Mark, since you found the soul that was hanging around my 7 yr old son and cleared it, he has changed. Within 10-15 minutes he was much more giggly and light. He slept great and was much more patient with his younger brother. Thank you so much for helping us!

V.R., Texas

I felt pulled down, sad, empty and I had negative thoughts about my fiancée. After the ghost/soul removal, I immediately felt relieved, lighter, and I was not scared anymore. As the day went on, I felt more and more relaxed and at peace. Feelings of positivity and love came back towards me and my fiancée. Thanks Mark!

S.K., Texas

28. Epilogue

There are more advanced concepts and ideas that I could have discussed on the subject of demons, scanning, and the Removal process. However, I didn't want to overwhelm anyone with too much information, especially since just the basic concept and ideas presented in this book may already be a lot for many to process. For now, my main objectives are to bring Awareness and with it the Tools of how to deal with these Beings. It is possible that in the future I will share more of my knowledge and hopefully might even have improved tools as I expect to continue to grow and learn in this field.

I feel Blessed to be able to be here to do this work and hope to enlist as many people as possible to help take up the fight, even if on an individual level for yourself and those you love. I hope to help make this world a better place and to help mankind shift and evolve ever closer to that possibility with the elimination of these sabotaging Entities and Energies. My sincerest thanks to all who step forward to help participate in this journey of making this world a better place, regardless of whatever form or means you use to do so.

Mark Bans, DC, ORDM

About the Author

Mark Bans, DC, ORDM is a Holistic Health Care Practitioner of over 30 years. During this time he journeyed down new and unexpected paths, learning things he could never have predicted or imagined. He became witness to the sabotage that his patients, his clients, and the world in general were experiencing by malevolent entities and energies, bringing him to an understanding of Truths that he would never have believed had he not seen and experienced them first-hand. What he once thought was fiction became

all too clear to him through countless encounters. In Demons Among Us: A Practical Guide to Understanding, Finding, and Removing Demons, Dr. Bans shares his knowledge, his experiences, and his truth about negative entities and energies that have sabotaged the world throughout the history of mankind and that continue to impact our reality on a daily basis. He shares how to ascertain if one is being sabotaged and ways to resolve and protect oneself against it.

Read more at Mark Bans's site.